

Irish Daily Mail

WEDNESDAY, APRIL 17, 2019

IRELAND'S CAMPAIGNING NEWSPAPER

€1.60 (85P NI)



Hero priest saved Crown of Thorns from inferno

SEE PAGES 6 - 9

'Macabre' web searches by accused not enough to convict, jury told

HE'S A NOSY PARKER, NOT A MURDERER

By Eoin Reynolds

PATRICK Quirke was being 'a nosy parker' and not a murderer when he looked up information online about the disappearance of Bobby Ryan, his barrister told the Mr Moonlight murder trial yesterday.

'I don't think there was a person in Tipperary who didn't look up Bobby Ryan,' Bernard Condon SC said of Mr Quirke's online search for information about the case.

Addressing the jury during closing arguments, he also noted that Mr Quirke wrote out a series of questions about Mary Lowry's possible involvement in

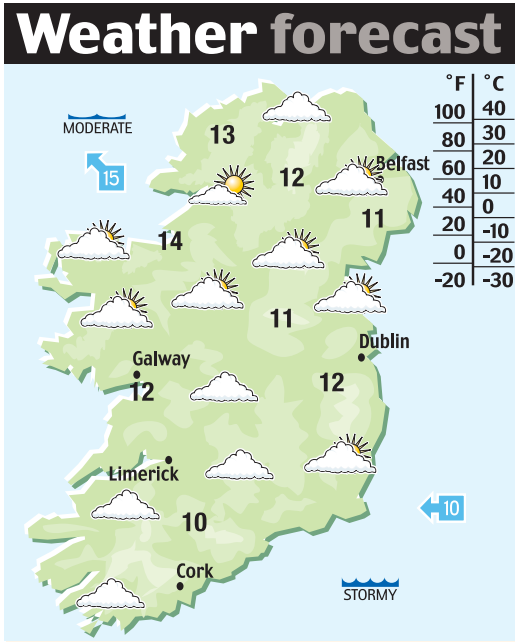
Turn to Page 5



Questions: John Delaney and his partner Emma English

Delaney 'still getting paid' as FAI board steps down

SEE PAGE FOUR



IRELAND TODAY: A dry day with plenty of cloud. Ulster will be overcast for much of the day before some late sunshine in the early evening. The rest of the regions will start overcast, before the cloud lightens later on. Moderate southeasterly winds. Max 16c.

Today's weather	9am	12noon	3pm	6pm	9pm
Belfast	☁ 9c	☁ 11c	☁ 12c	☁ 12c	☁ 11c
Cork	☁ 9c	☁ 10c	☁ 11c	☁ 11c	☁ 10c
Dublin	☁ 9c	☁ 12c	☁ 12c	☁ 11c	☁ 9c
Galway	☁ 10c	☁ 12c	☁ 14c	☁ 14c	☁ 13c
Limerick	☁ 10c	☁ 12c	☁ 15c	☁ 15c	☁ 12c
Derry	☁ 9c	☁ 12c	☁ 13c	☁ 13c	☁ 10c
Valentia	☁ 12c	☁ 14c	☁ 14c	☁ 14c	☁ 12c
Wexford	☁ 8c	☁ 10c	☁ 11c	☁ 11c	☁ 10c
Mullingar	☁ 8c	☁ 12c	☁ 14c	☁ 13c	☁ 10c
Belmullet	☁ 9c	☁ 13c	☁ 15c	☁ 15c	☁ 12c

5 day forecast	Thu	Fri	Sat	Sun	Mon
Belfast	☁ 16c	☁ 19c	☁ 18c	☁ 14c	☁ 11c
Cork	☁ 14c	☁ 16c	☁ 18c	☁ 15c	☁ 10c
Dublin	☁ 14c	☁ 17c	☁ 18c	☁ 15c	☁ 10c
Galway	☁ 16c	☁ 18c	☁ 17c	☁ 13c	☁ 8c
Limerick	☁ 19c	☁ 21c	☁ 19c	☁ 16c	☁ 11c

Around the world yesterday	Noon local time
Algiers weather c f	22 72
Amsterdam Sunny	14 57
Athens Fair	15 59
Auckland Sunny	17 63
Bahrain Sunny	34 93
Barcelona Fair	17 63
Basra Fair	34 93
Beijing Cloudy	23 73
Beirut Showers	19 66
Belfast Drizzle	9 48
Belgrade Sunny	15 59
Berlin Fair	13 55
Biarritz Sunny	15 59
Brisbane Fair	24 75
Brussels Sunny	16 61
Bucharest Fair	14 57
Budapest Sunny	15 59
Chagen Sunny	9 48
Cairo Fair	24 75
Cape Town Sunny	19 66
Casablanca Sunny	22 72
Corfu Sunny	18 64
Dubai Sunny	29 84
Dublin Cloudy	9 48
Dubrovnik Sunny	17 63
Faro Sunny	17 63
Florence Sunny	19 66
Geneva Fair	12 54
Gibraltar Sunny	21 70
Guernsey Fair	12 54
Helsinki Sunny	13 55
Hong Kong Thunder	21 70
Innsbruck Fair	16 61
Istanbul Fair	13 55
Jersey Fair	12 54
Larnaca Showers	20 68
Las Palmas Sunny	21 70
Lisbon Sunny	18 64
London Cloudy	15 59
Los Angeles Cloudy	16 61
Luxor Sunny	31 88
Madrid Fair	18 64
Malaga Sunny	17 63
Malta Sunny	17 63
Melbourne Fair	30 86
Mexico City Sunny	24 75
Miami Cloudy	28 82
Milan Sunny	18 64
Montreal Cloudy	5 41
Moscow Sunny	10 50
Mumbai Fair	34 93
Nairobi Fair	27 81
New Delhi Cloudy	29 84
New York Drizzle	13 55
Nice Fair	16 61
Oslo Fair	10 50
Palma Sunny	20 68
Paris Drizzle	11 52
Perth Fair	22 72
Prague Sunny	12 54
Rhodes Sunny	18 64
Riga Sunny	14 57
Rome Sunny	17 63
Singapore Fair	33 91
Stockholm Sunny	12 54
Strasbourg Fair	17 63
Sydney Fair	22 72
Tangier Sunny	23 73
Tel Aviv Drizzle	21 70
Tenerife Sunny	21 70
Tokyo Sunny	20 68
Toronto Cloudy	3 37
Tunis Sunny	20 68
Vancouver Fair	10 50
Venice Sunny	16 61
Vienna Sunny	14 57
Warsaw Fair	11 52
Wellington Drizzle	12 54

Ireland yesterday	24 hours	Sun	Rain	Temp
24 hours	Sun	Rain	Temp	
to 7pm	(hrs)	(ins)	(min)	(max)
Belfast	0.0	0.24	7	10
Birr	4.9	0.06	6	14
Castlederg	1.5	0.13	7	10
Claremorris	5.2	0.00	5	16
Clones	1.9	0.19	7	10
Mullingar	3.7	0.08	7	13
Rossare	5.5	0.32	8	11
Knock	4.0	0.00	6	14
Information supplied by MeteoGroup				
Moon and Sun				
Moon rises: 5.46pm, sets: 6.07am				
Sun rises: Dublin: 6.21am, sets: 8.28pm				
Cork rises: 6.34am, sets: 8.34pm				
High tide: Dublin: 11.24pm				
Cork: 5.04pm				
Extremes				
(24 hrs to 6pm y'day)				
Warmest: Belmullet, Co Mayo, 17c (63f)				
Coldest: Altinahinch, Co Antrim, 5c (41f)				
Wettest: Killyowen, Co Down, 0.47 ins				
Sunniest: Mace Head, Co Galway, 9.6hrs				

WEATHER ALERTS

Call 1550 507 157 for today's forecast (updated 3 times daily)

Calls cost €0.95 per min. Calls from mobiles cost more. Texts cost €0.60 per SMS. This is a daily subscription service. To unsubscribe text STOP to 53307. SP Phonovision 0818217100

Text any of the keywords below to 53307 to subscribe for daily weather alerts

- LEINM Leinster SMS Alerts
- MUNM Munster SMS Alerts
- CONM Connacht SMS Alerts
- ULSM Ulster SMS Alerts

Fresh spending row as Leo says broadband bill could top €3bn

ANOTHER overspend scandal is brewing in Government after Taoiseach Leo Varadkar admitted yesterday that the final cost of the National Broadband Plan could exceed €3billion.

On Monday, Communications Minister Richard Bruton said the Cabinet would not sign off on the long-delayed plan before Easter. He said the Government needed to consider if it is 'an investment we are willing to make'.

Sinn Féin has urged the Government examine alternative avenues, such as using the established ESB network to deliver high-speed broadband.

The plan, originally estimated to cost €500million, now looks set to cost six times that amount. Defending the latest

By **James Ward**
Political Correspondent

delay in the Dáil yesterday, Mr Varadkar said: 'The Government needs to spend a little more time before we can bring a decision on this to Cabinet.'

He also said the cost of the project, 'including VAT, contingencies and so on', could be 'in the region of €3billion, albeit spread over 25 years'.

It was the first time the Taoiseach has acknowledged the full scale of the overspend on the project.

The capital investment plan has been beset by controversy, with many bidders, including ESB and Eir, dropping out of the tendering process. Sinn Féin

leader Mary Lou McDonald called on the Taoiseach to examine a 'plan B', such as using the existing ESB network.

But Mr Varadkar responded: 'The problem with the Sinn Féin plan, which of course is being considered, is that first of all, ESB pulled out. It would cost more, and because of rules around State aid and procurement, we could not just award it to a semi-state. We would have to put it out to tender.'

The Government has said a final decision on the future of the plan will be made in weeks rather than months.

But a spokesman could not say yesterday if this meant the decision would be taken before the local and European elections at the end of May.

At last! Nutritious, good food is on the menu in hospitals

By **Emma Jane Hade**
Political Correspondent

PATIENTS will be screened for their dietary needs when they enter hospital to assess if they are at risk from conditions such as malnutrition and diabetes, under a new plan to be announced today.



New policy: Minister Harris

tion, diabetes, allergies, swallowing issues, or if they need assistance with feeding or aids for eating and drinking.

Once their specific needs are assessed and established, patients will be assigned a hospital menu. Or they may also be referred to a dietician for a nutritional plan.

This new plan also dictates that patients will continue to be screened weekly.

Chefs, dietitians, managers and occupational therapists were involved in drafting the plan.

There will also be recom-

mendations to minimise fasting and there will be colour-coded menus and serving trays used to highlight some of the specific nutritional needs of patients.

The policy will apply for all adult patients. The Department also wants to 'ensure that areas for improvement, as recommended by the Health Information And Quality Authority, are addressed'.

When Mr Harris took office in 2016, the Health Minister outlined that one of his priori-

In November, the Mail revealed that a new menu is to be rolled out for hospital patients. It followed a campaign in this newspaper highlighting poor-quality meals in Irish wards, and how some hospitals are spending less than prison bosses are on daily meals.

One patients advocate hit out at the fact that one hospital was spending a paltry 93c per meal, which he said is less than the price of a tin of decent dog food.

Last September, our sister paper the Irish Mail on Sunday reported that some patients in Irish hospitals were being fed meals that cost less per plate than meals served to prisoners.

'Improved food choice'

ties would be to improve hospital food for patients.

Suggesting the new policy last November, Mr Harris said its benefits are 'endless'.

'It will help ensure patients' needs are met and ensure they are getting high-quality and nutritious food, which in turn benefits their recovery,' he said. 'The new policy will include improved food choice on all menus, and access to regular meals and snacks is provided to all, from admission to discharge.'

The figures, obtained through Freedom of Information, show Portlaoise Hospital and Portlaoise Prison are, on average, spending the same amount of money per meal.

In 2015, Portlaoise Hospital spent, on average, 94c per meal for patients. Meanwhile, in the past four years, Irish prisons - including neighbouring Portlaoise Prison, which is home to the likes of killer Graham Dwyer - on average spent €1 per meal.

emmajane.hade@dailymail.ie

Clarifications & corrections

■ If you feel any report in the Irish Daily Mail has been incomplete or inaccurate you can email Corrections and Clarifications at corrections@dailymail.ie

■ This publication supports the work of the Press Council of Ireland and the Office of the Press Ombudsman, and our staff operate within the Code of Practice for journalists in Ireland. You can obtain a copy of the Code, or contact the Council, at www.presscouncil.ie, Lo-call 1890 208 080, or email: info@presscouncil.ie.

HOW TO CONTACT US

If you'd like to give your opinion, write to us at **Letters to the Editor, Irish Daily Mail, Embassy House, Herbert Park Lane, Dublin 4** or email us at letters@dailymail.ie. For anything else, or if you couldn't get the Mail, call us on **01-256 0800** or email us at news@dailymail.ie

IF YOU HAVE A STORY, CALL US ON **01-256 0811**

Hugh've got to be Kidding me...



Tender: Hugh Grant and Nicole Kidman

IT may look as if Hugh Grant and Nicole Kidman are suddenly an item, or perhaps have signed up to make a Four Weddings-style romcom.

But while the pair held hands and

embraced, they were actually filming a dark drama for US TV. In *The Undoing*, they play a married couple. Miss Kidman, 51, is therapist Grace Sachs while Grant, 58, is her husband Jonathan, who goes missing

as she is about to publish her first book. Grant's role in the six-part HBO series follows his success last year playing politician Jeremy Thorpe in the acclaimed BBC drama *A Very English Scandal*.

Just one rasher a day raises risk of cancer

Daily Mail Reporter

EVEN moderate amounts of ham, bacon and red meat are linked to bowel cancer, experts warn today.

Adults who stick to guidelines of 70g of red and processed meat a day still increase their risk of bowel cancer by a fifth compared with those who eat 21g a day, they said.

For red meat only, the risk was 15% higher for those who ate 54g per day (about one thick slice of roast beef or one lamb chop) on average compared with those who had 8g per day, scientists found.

Their research, part-funded by Cancer Research UK, also said

Even small amounts of processed meat can lead to bowel disease, finds study

that for processed meat only, the risk was 19% higher for those who had an average of 29g per day (about one rasher of bacon or a slice of ham) compared with those who had an average of 5g per day.

The study, published in the *International Journal of Epidemiology*, examined data from 475,581 people aged 40 to 69 and followed them for an average of 5.7 years. During this time, 2,609 people

developed bowel cancer.

There was some good news, however – those with a high intake of fibre from bread and breakfast cereals lowered their risk of bowel cancer by 14%.

Around one in every 15 men and one in every 18 women will develop bowel cancer during their lifetime. Existing evidence points to an increased bowel cancer risk for every 50g of processed meat a

person eats per day, but the new study found that risk increases at just 25g per day.

Professor Tim Key of Cancer Research UK, who co-authored the study, said: 'Our results strongly suggest that people who eat red and processed meat four or more times a week have a higher risk of developing bowel cancer than those who eat red and processed meat less

than twice a week.'

Dr Julie Sharp, Cancer Research UK's head of health information, said: 'This doesn't necessarily mean cutting out red and processed meat entirely, but you may want to think about simple ways to reduce how much you have...'

'You could try doing meat-free Mondays, looking for recipes using fresh chicken and fish, or swapping meat for pulses like beans and lentils in your usual meals.'

Health expert guidelines say that while meat is a good source of protein, vitamins and minerals, people should cut their intake of red and processed meat to about 70g per day, which is the average daily consumption.

news@daily mail.ie

All of board to go... but Delaney still on payroll?

By **Emma Jane Hade**
Political Correspondent

THE board of the Football Association of Ireland will resign within the next two months, but former CEO John Delaney continues to cling on – and will likely stay on the payroll.

Board members Michael Cody and Eddie Murray resigned on Monday night, but Sports Minister Shane Ross confirmed yesterday afternoon that the entire board now intends to follow their lead by July at the latest.

At a meeting of the Oireachtas Sports Committee yesterday, Mr Ross revealed that all the board is to go. It was also heard that the interim results of an FAI internal investigation, conducted by the Mazars consultancy group, may be available in six to eight weeks.

Shortly before Mr Ross attended the committee meeting yesterday afternoon, he received confirmation in an email from Donal Conway – President of the FAI – that

'It's a result and it's progress'

the board intends to resign in full by the time of the FAI's AGM in July, or earlier if an extraordinary general meeting is called.

Mr Conway wrote that they intend to bring forward 'proposals for the restructuring of the board and other governance requirements', and that the board will resign once the new structure is in place.

'It is our intention that recommendations in relation to restructuring the board will be brought to the membership for their consideration and adoption at our annual general meeting in July (or at an extraordinary general meeting if the work of the group facilitates an earlier date),' his letter read.

'At that point, when a new structure has been put in place, it is the intention that the existing board will step down to allow for a new board to be constituted in the best interests of football.'

Mr Ross told the committee that the board's resignation is welcomed as it is the 'beginning of

Restructuring: John Delaney, centre, with other FAI representatives



the end' of the old FAI regime.

'It's the intention of the existing board that they will step down to allow for a new board to be constituted in the best interests of football,' Mr Ross said.

'That is "not as you were" – it's a result and it's progress. We are now beginning to see the beginning of the end of the old FAI – and that is something which I welcome.'

The Minister said it is his preference that an EGM at which the board would be replaced would be held before July 'to facilitate a transition to a new board by way of transparent elections'.

He also told the committee: 'I can add that there will be no further Government funding for the FAI until we see real change and reform in the Association's corporate governance, and until we have credible answers.'

'He's still only stepping aside'

John Treacy of Sport Ireland told the committee Mr Delaney will likely remain on the payroll for the duration of the period that he

has stepped aside. Responding to a question from Fine Gael TD Noel Rock, Mr Treacy said: 'I don't really know what is going on. I know he has voluntarily stepped aside, from what I gather. I believe he is still on the payroll while this investigation by Mazars is going on. That's as much as I know.'

Kieran Mulvey of Sport Ireland later suggested to the committee that he assumes Mr Delaney is on what is known as 'gardening leave', but stressed he is not party to that particular arrangement.

Sinn Féin TD Jonathan O'Brien told the committee that they were now facing a situation 'where two

'It takes me back to the Bertie saga'

THE controversy surrounding John Delaney's handling of the FAI's finances is similar to that which dogged Bertie Ahern in his final years as taoiseach, a supporter of the soccer executive has said.

The secretary of the Kerry District League, John O'Regan, said he believes that Mr Delaney should leave 'for his own sake, for his peace of mind'.

He added: 'This takes me back to the Bertie Ahern saga. He is being hounded day and night, they are digging for stuff. Yesterday it was revealed that he had overspent on his credit card.'

Mr O'Regan said that 'any CEO in any company throughout the world will have a company credit card, and an arrangement for vouched expenses'. He added: 'John overspent on his credit card and to the best of my knowledge he paid it back.'

Speaking on RTE's Today With Seán O'Rourke, Mr O'Regan was still standing strongly behind the former FAI chief executive.

'Very few people have come out and pointed out the marvellous work that John Delaney had done since he became CEO,' he said.

board members are gone' and that a further eight board members have indicated their intention to leave, but that the 'individual at the centre of all the controversy is only stepping aside'.

The debacle was sparked after it emerged Mr Delaney had given the FAI a 'bridging loan' of €100,000 in 2017 and there has since been allegations about his use of an FAI credit card.

The You Boys In Green fan group yesterday welcomed the news that the entire FAI board is set to step down, but said there needs to be clarity on Mr Delaney's position.

emma.jane.hade@daily@mail.ie

Quinn: 'GAA and rugby are not paragons of virtue'



Vision: Niall Quinn

NIALL Quinn has taken a swipe at rival sports in Ireland, and called on the FAI to get its house in order if it wants to receive funding.

The former Sunderland, Manchester City and Republic of Ireland striker told TDs and Senators that Irish soccer should be 'miles above' rugby and GAA, adding that the other organisations are not 'paragons of virtue'.

Mr Quinn was addressing politicians in Leinster House yesterday, outlining his vision for the future of Irish football amid the ongoing scandal in the FAI.

He told the meeting there is huge interest from organisations such as Fifa, Uefa and Major League Soccer (MLS) in America in investing in

By **James Ward**
Political Correspondent

Irish soccer – but that 'they want to come in a new regime'.

He also disagreed with the view that interest in Irish soccer had been surpassed by other sports such as GAA and rugby.

'I don't think they're the paragons of virtue that we sometimes make them out to be. We just look at it that we're so far down the list we actually think they're going up. We should be miles above them,' he said.

'There is no reason why we shouldn't look to dwarf the GAA and rugby. I don't think they're paragons of virtue.'

He said: 'I see in rugby now, the

ladies 15-a-side is under threat, they're not happy, it's not all plain sailing there.

'I see the GAA were in trouble down at the pitch with the stadium they built in Cork. They're not everything that football should aspire to be. We should pass them out.'

Mr Quinn said there was a huge job ahead for Irish football to rebuild trust with the public and politicians.

However, he said the way forward was through heavy investment in the League of Ireland, which he said was attractive to outside investors given its proximity to the English premier league and the opportunity for clubs to participate in major European competitions.

He said: 'I've got great people

working all around the world. Irish people working in Geneva with Uefa, working with Fifa worldwide, working with American clubs in the MLS. All Irish people who have come together over the last number of months and shown me what can be achieved with passion, dynamic experience in the game and a will to assist and help out.

'We have CEOs in premier league-winning clubs who would love to come back and lend some sort of hand,' he said.

'But they want to come in a new regime... that first and foremost creates player welfare at the top of the list. The players are the stars of the show and our players have found it very uncomfortable being League of Ireland players.'

‘You cannot convict a man based on a few searches he made on the internet’

Continued from Page One

the case. ‘Why wouldn’t Mr Quirke be suspicious of Ms Lowry?’ he asked.

Mr Condon also asked the jury to imagine themselves or a person they love in Patrick Quirke’s position, having done what he can to assist gardai and then having had everything they said interpreted in the worst possible way and be accused based on what his former mistress Mary Lowry said and ‘a couple of internet searches’.

Mr Quirke has ‘denied, denied, denied’ killing Bobby Ryan, so the prosecution is trying to make a case using little pieces of evidence, he said.

Mr Condon completed his eight-hour speech to the jury of six men and six women yesterday by asking them to acquit his client.

The jury will return next Tuesday to hear the charge from Judge Eileen Creedon before they begin their deliberations.

Mr Quirke, 50, of Breanshamore, Co. Tipperary, has pleaded not guilty to the murder of Bobby Ryan, a part-time DJ known as Mr Moonlight.

Mr Ryan went missing on June 3, 2011, after leaving his girlfriend Mary Lowry’s home at about 6.30am.

His body was found by Mr Quirke

‘He’s a curious and inquisitive person’

in an underground run-off tank on the farm owned by Ms Lowry and leased by the accused at Fawnagown, Co. Tipperary, 22 months later in April 2013.

The prosecution has claimed Mr Quirke murdered Mr Ryan so he could rekindle an affair with Ms Lowry, 52.

Mr Condon reminded the jury that his client told gardai he was a ‘curious and inquisitive’ person.

He suggested that much of what the prosecution sought to use against the farmer could be explained by these traits.

You might say he is a ‘nosy parker,’ Mr Condon said, adding: ‘Nobody would like to be called nosy but we all have flaws and personality quirks but that’s not murder.’

He asked the jury to look fairly at the evidence that Mr Quirke’s computer was used to search for information on DNA and ‘human body decomposition’ while Mr Ryan was still a missing person.

You could not, he said, convict based on those searches.

Mr Quirke told gardai he was ‘inquisitive by nature’ and Mr Condon warned the jury of the ‘great risk’ of making a leap based on those searches alone.

He said: ‘If they move you, they will move you to no more than suspicion.’ They were general



Body: Farm at the centre of the case

searches, he said, with no specific detail relating to this case, carried out in circumstances where Bobby Ryan was missing and Mr Quirke was following the disappearance in the news.

There was, Mr Condon said, reference in the news to Trace Ireland and cadaver dogs having

been used to try to find him. There is nothing in those searches to do with bodies decomposing in water or in an airtight container, which would be specific to this case. He asked the jury what weight they could place on the searches and whether they could be relied on.

Mr Condon reminded the jury of

Mr Quirke’s Garda interviews in which he said that if he knew where Mr Ryan’s body was, and wanted to know what condition it was in, all he had to do was open the tank and look.

He noted that in interviews Mr Quirke had referenced his deceased son when asked about

the decomposition searches. Mr Condon said it may be ‘macabre’ but people do the strangest things on their computers.

‘You are invited to weigh the evidence but you are not entitled to start and jump all the way to the end,’ he said.

‘You can’t go straight to guilty on the basis of some searches on the internet over a couple of minutes in December.’

He described the prosecution as requiring ‘enormous leaps’ and the height of the prosecution case is suspicion.

He told the jurors they did not know anything about what had happened on June 3, 2011. All the jury has, Mr Condon said, was ‘this little piece which does not achieve what the prosecution wants it to achieve, which is to convince you with certainty that this man, who has denied, denied, denied, actually killed Bobby Ryan.’

He said there was no hard evidence and this search alone was not enough to convict. ‘I ask you to acquit this man,’ he said.

news@daily@mail.ie



Defence: Patrick Quirke at court yesterday

‘They want to airbrush out hair clip find’



Farm owner: Mary Lowry

A WOMAN’S hair clip was found in the underground tank where Bobby Ryan’s body was discovered – a fact prosecutors are trying to ‘airbrush’ out of the case, defence counsel Bernard Condon told the jury.

Counsel said the tortoiseshell hair clip had been downplayed, but added that had it been a bainín cap, or other male headwear, found in the tank, it would have been central to the case.

Gardai had failed, he said, to record the finding of the hair clip, something Mr Condon suggested the prosecution was trying to ‘airbrush’ out of the case. He said prosecution counsel Michael

By Eoin Reynolds

Bowman had ‘pooh-poohed it’.

Counsel said that when senior investigating officer Inspector Patrick O’Callaghan was asked about the clip, he ‘jumped to’ the suggestion that it could have belonged to the Lowry sisters who grew up on the farm.

Mr Condon said the ‘more obvious’ person would be Mary Lowry, who had been living on the farm for the previous 15 years.

Counsel said it had been claimed that the hair clip could have flowed with run-off from the milking parlour, but added that he didn’t believe this was likely, given the size and shape of the pipe.

Dr Khalid Jaber, the former deputy state pathologist, did not attend the scene where the body was found, something that acting state pathologist Dr Michael Curtis and former Northern Ireland state pathologist Professor Jack Crane said they would have done, Mr Condon noted.

Dr Jaber retained only one maggot from the body to be analysed by an entomologist and did not note if it was alive or dead when he found it, counsel added. Dr Jaber also failed to retain any of the adult flies seen on the body, he said.

Counsel said it was ‘extraordinary’ that gardai emptied onto the ground the contents of the vacuum tanker which Mr Quirke said he

used to draw water from the tank before discovering the body.

A sixth-class student, Mr Condon suggested, could have come up with the idea to empty the contents into buckets or bring the tanker to another location to be measured and analysed.

He said the prosecution was now seeking to draw inferences against Mr Quirke based on the assertion of one garda who estimated that only a small amount of water came out of the tanker.

Mr Condon asked the jury if they were satisfied that gardai had maintained evidence with such ‘robustness’ that they would have no criticism and no sleepless nights.

Picture: NICK EDWARDS



How did it escape the flames? The golden crucifix standing above a pile of charred debris

HOW I SEE IT



from Robert
Hardman

IN PARIS

BENEATH the light rain that greeted a sleepless Parisian dawn yesterday, there was one over-riding emotion: That some sort of miracle had occurred in the early hours as it transpired one of the world's greatest medieval buildings had survived wholesale destruction.

The near-cataclysmic fire which had raged through the Cathedral of Notre Dame for eight hours during the night had finally been brought under control and smothered by first light.

Notre Dame has, without doubt, been horribly damaged. France, along with much of the world, has been deeply shocked at the near-demise of 'Our Lady of Paris'. Yesterday evening, fresh images of the wreckage were released showing the aisle piled high with charred and twisted timbers.

Yet it could have been so very much worse. The 850-year-old towers which stand guard over the entrance and the immortal bells hanging within are in one piece. So, too, is some of the stained glass. 'Our Lady' lives on, bloodied but unbowed.

At the same time, the fire had produced another miracle of sorts. This avowedly secular country suddenly seemed to have rediscovered its sense of the spiritual yesterday, if only for a few hours. 'I have never known so many people talking openly about God, about religion and saying prayers in public,' said caterer Marie-Astrid d'Arras. 'So many people have become Catholic once again.'

Underpinning all this talk of divine intervention was a single image.

I was one of the first people inside the smouldering cathedral as the worst of the fire subsided. I accompanied the French prime minister, Edouard Philippe, and a handful of aides on a preliminary inspection of the charred shell.

We found flames still flickering in some of the upper reaches and a lake at our feet.

Then, through the foul-smelling miasma of smoke and hose water which filled this roofless void, we suddenly spotted an image that has come to define this near-disaster: The golden cross above the altar. How on earth had it managed to avoid the fate of everything else in the seat of the blaze, let alone remain upright?

Even avowed atheists took to social media yesterday to profess how moved they had been by this poignant symbol of defiance. Several Parisians told me it reminded

them of the famous wartime image of St Paul's Cathedral in London standing tall during the Blitz.

For the authorities, there were more earthly considerations, notably finding out how the hell this had all happened in the first place. France might be praying a little louder than usual. But it is also pretty angry, too.

President Emmanuel Macron knows he needs to show a firm grip on every aspect of this episode and his interior minister Christophe Castaner vowed to identify the culprits yesterday. Attention was firmly focused on the contractors responsible for repair work on the roof in the area where the fire broke out.

The fact that it started just moments after the end of the working day could provide a link. Mr Macron cleared yesterday's

Cabinet meetings of all other business to focus exclusively on Notre Dame. Such is the mystical hold this 12th Century Gothic masterpiece has on the national psyche.

A key issue will be the cost. Under French law, the ownership of the cathedral rests with the State but the French taxpayer received a handsome head start yesterday when two of the country's richest families pledged €300million before breakfast. By last night, the fighting fund had hit an astonishing €600million.

As stories began to emerge of the gallantry of the firefighters – and of a particularly heroic priest seen running into the inferno to retrieve some of Notre Dame's treasures – messages arrived from world leaders.

Pope Francis expressed his solidarity yesterday and announced

he was placing the Vatican's heritage experts at France's disposal. After all, one of his predecessors, Pope Alexander III, was here to see the foundation stone laid in 1163.

The outpouring of international goodwill only added to the emotions I encountered in Paris yesterday.

I found young men playing mournful recitals on the cello.

Here and there, nuns broke into song or prayer.

Gawping crowds encircling the cathedral's island site on either side of the Seine filled miles of pavement and brought traffic to an escargot-style crawl.

In front of Notre Dame itself, a succession of sombre politicians talked of a need for national unity.

After months of civil disobedience by the anti-Macron 'gilets

jaunes' movement, there is a sense that the appetite for organised dissent has waned in the last 24 hours.

'There is a spirit which lives inside and above this building, one you don't find in, say, the Eiffel Tower,' said Ambrose Laurent, secretary of France's Conference of Bishops.

Sitting with his drawing pad next to the Seine, I found retired steel executive Robert Gest, 72, sketching the cathedral. He said he wants to leave it to his grandchildren as a reminder of what happened.

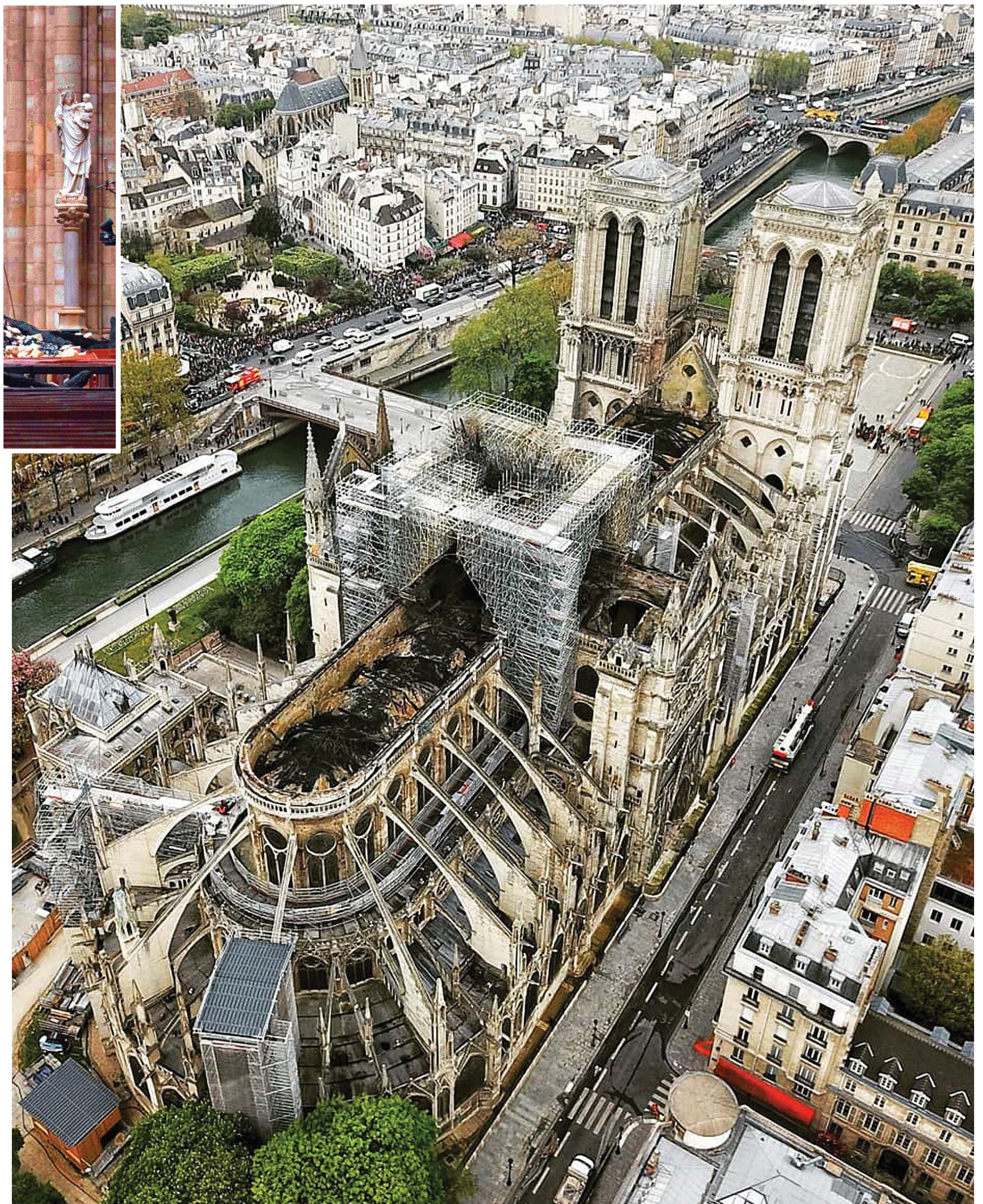
'There has been so much bashing of the church and religion in this country that perhaps this experience will make people think about it a little more,' he said.

'After all, the great cross is still there.'

news@dailyemail.ie

From Mailman who was first into wreckage...

Bloodied but unbowed, the Lady of Paris saved by divine intervention



Near disaster: An aerial view shows the vast extent of the damage to the Gothic cathedral's roof, where the fire took hold and raged throughout Monday night

NOTRE DAME CATASTROPHE

HE SHOWED NO FEAR... HERO PRIEST OF THE BATACLAN SAVED CROWN OF THORNS



From **Emine Sinmaz** in Paris

A PRIEST who comforted the injured victims of the Bataclan terror attack has emerged as the hero of the Notre Dame inferno.

Jean-Marc Fournier, chaplain of the Paris Fire Brigade, risked his life to save the Crown of Thorns and the Blessed Sacrament from the cathedral on Monday night.

It was feared that the relics would be destroyed as flames engulfed the medieval building.

But Father Fournier insisted on entering the cathedral with firefighters and 'showed no fear at all'.

The 53-year-old is believed to have been part of a 'human chain' that retrieved the centuries-old priceless artworks and artefacts. An emergency services source, who did not want to be named, said: 'Fr Fournier is an absolute hero.'

'He showed no fear at all as he made straight for the relics inside the cathedral, and made sure they were saved. He deals with life and death every day and shows no fear.'

The relics included the Crown of Thorns which is said to have been placed on the head of Jesus before he was crucified.

Yesterday Paris's 15th district mayor Philippe Goujon confirmed to reporters outside the landmark that the chaplain insisted on being allowed into the cathedral and played a role in the rescue. Etienne Lorailière, an editor for France's KTO Catholic TV network, added Fr Fournier 'went with the firefight-



Brave: Jean-Marc Fournier

ers into Notre Dame Cathedral to save the Crown of Thorns and the Blessed Sacrament'.

A photograph of Fr Fournier standing outside the cathedral and surrounded by first-responders was posted on social media on Monday night.

The mayor of Paris, Anne Hidalgo, tweeted her thanks to the rescuers for forming 'a formidable human chain' to save the irreplaceable objects. The Crown of Thorns, the tunic of Saint Louis and several other major works are now in a safe place,' she posted.

Fr Fournier, who survived an ambush while serving with French forces in Afghanistan,

was also noted for his bravery after Isis terrorists murdered 89 people using guns and explosives at the Bataclan theatre in November 2015.

He rushed to the venue and prayed over the dead, and

Hobbies include body-building

comforted those who were injured or had lost loved ones. 'I gave collective absolution, as the Catholic Church authorises me,' he said at the time.

In an interview he gave to Christian Family magazine after

Icon will rise from ashes in 5 years, vows Macron

EMMANUEL Macron last night vowed to rebuild Notre Dame within five years - and insisted the disaster was an opportunity to make the cathedral 'more beautiful'.

The French president's aim to complete the restoration within such a short timeframe was at odds with some experts' estimates that the project would take decades.

'We will rebuild Notre Dame even more beautifully and I want it to be completed in five years. We can do it,' Mr Macron

said. The president has yet to pledge any funds towards the bill, which is likely to be in excess of €1 billion.

The French government had previously been reluctant to invest money into refurbishing Notre Dame, despite repeated warnings about its decrepit condition, stumping up less than €2.3 million a year for France's most visited tourist site. Donald Tusk, president of the European Council, yesterday called on EU member countries to donate funds.

that attack, Fr Fournier told how he was based in Germany and in France's western Sarthe region before joining the Paris Fire Brigade. He also served in the Diocese of the French Armed Forces and was based for a time in Afghanistan, where he was involved in an ambush in which ten soldiers were killed.

Fr Fournier said: 'On my first trip to Afghanistan, I was seized by fear - everything I saw could potentially be dangerous, as we had learned during training courses.' He has previously posted online that his hobbies include body-building, horse-riding and reading.

news@dailyail.ie

Delay of 23 minutes to discover fire despite alarm

THE devastating blaze at Notre Dame was missed by officials for 23 minutes after a fire alarm went off, it emerged last night.

Although the alarm was triggered at 6.20pm on Monday, cathedral attendants failed to spot the fire in the roof until another alarm went off at 6.43pm.

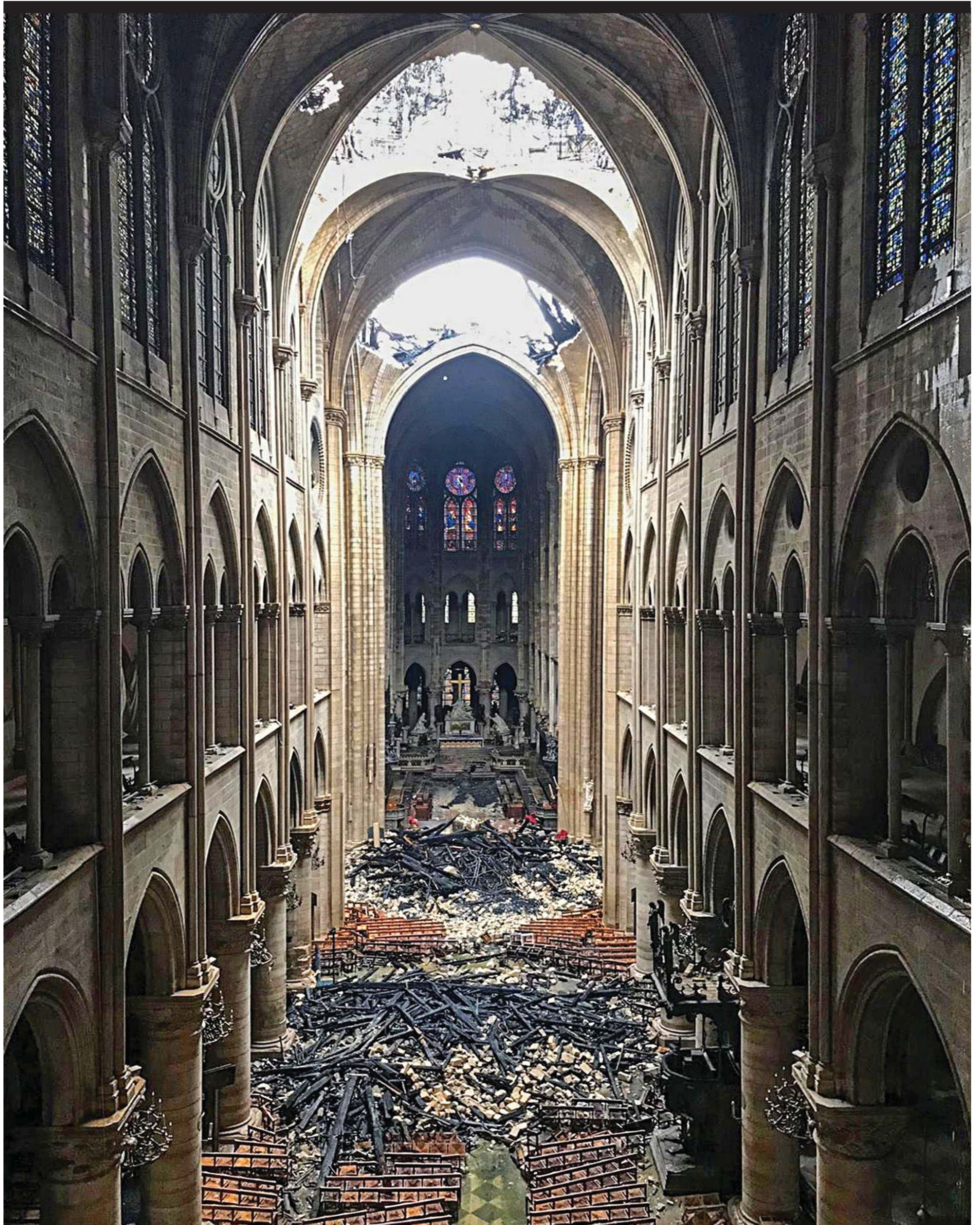
It is possible they missed the outbreak because the attic area was hemmed in by layers of scaffolding.

But the critical delay will raise questions over whether more of the historic structure could have been saved.

Paris public prosecutor Rémy Heitz said: 'There was an initial alarm at 6.20pm, followed by a procedure to verify this but no fire was found. Then, there was a second alarm at 6.43pm and at that point a fire was detected in the structure.'

He added: 'The investigation is going to be long and complex.'

France's deputy interior minister Laurent Nuñez said the Gothic marvel came within '15 to 30 minutes' of total destruction. Last night dozens of workers were being questioned by police over what they were doing before the fire broke out.



Ashes: The interior of the cathedral after Monday's inferno. Firemen managed to save the building's two towers, but its famous 300ft spire was destroyed

Web Summit chief clashes with Paschal over Irish tax laws

By **Ronan Smyth**

A DISPUTE has erupted between Paddy Cosgrave and the Government, after the Web Summit founder took out advertisements claiming the State is allowing multinationals to avoid taxes.

Mr Cosgrave hit out at the Government through an organisation called Irish Tax Agency, which paid for Facebook adverts targeted at European citizens, to highlight Irish tax structures.

Initially, there was no information on who was behind the Irish Tax Agency. On Monday, Mr Cosgrave revealed that he was behind the agency and the ad campaign.

Yesterday Finance Minister

'Reduced taxes for certain investors'

Paschal Donohoe hit back, saying that people should recognise how far the Irish corporate tax code had come. Mr Donohoe said: 'The Irish corporate tax code doesn't get the recognition it deserves for the changes that we have already made.'

'The so called "Double Irish" is gone for new companies and is in the final stage of phase-out for existing companies here.'

'Issues in relation to stateless companies and how they engage with our tax code – that matter has been dealt with.'

'The disclosure of tax planning, the mandatory disclosure of information between tax authorities – all implemented,' Mr Donohoe continued, adding that the Government was in the process

RISE OF A TROUBLEMAKING TECH STAR



Critic: Paddy Cosgrave

PADDY Cosgrave has a long history of sparring with the Government over a range of issues.

A graduate of Trinity College Dublin, where he studied economics and politics, Mr Cosgrave established his first tech conference in 2009. It was called Founders and just 150 people attended.

That conference was a modest success and he improved on this the following year, taking what was now known as the Web Summit to the RDS and attracting 400 attendees, including Twitter CEO Jack Dorsey.

The Web Summit continued to grow and attract bigger names, including Elon Musk, US actress Eva Longoria and Bono.

However, Mr Cosgrave had persistent issues with the

RDS as a venue, which led him to move the conference to Lisbon in Portugal for the 2016 event, signing a three-year deal with the city.

It was later revealed that he had been seeking assistance from the State to resolve issues at the RDS such as traffic management, transport, hotel costs and WiFi.

Last year, the organisers signed a new deal with Lisbon to host the Web Summit for the next ten years.

Mr Cosgrave has become increasingly critical of the Government, particularly in the areas of housing, corruption and tax. In 2017, he encouraged the chief executives of the world's largest tech companies to sign a letter to the Government, urging it to pass anti-corruption laws.

of ratifying key instruments so that the country would be in full compliance with the Organisation for Economic Cooperation and Development.

In his Facebook post on Monday, Mr Cosgrave said that a UN committee had 'condemned' Ireland's preferential tax laws, and that since 2018, there had been modifications to tax legislation that 'have reduced taxes for certain foreign property investors to zero'.

'In my opinion, given the weight of evidence and various international reports, the defence by the Irish Government of foreign property funds and their extraordinary tax breaks is incorrect,'

said Mr Cosgrave. He said of his Irish Tax Agency campaign: 'My expectation is that raising awareness of these tax structures across Europe, which I personally consider legalised loopholes, would trigger renewed pressure on the Irish Government to close them.'

However, Mr Cosgrave ran into trouble through Facebook, which said the ITA's ads and page breached its policies on impersonation. A spokesman for Facebook said: 'We do not allow pages that are misleading or deceptive on Facebook, which is why we have removed the Irish Tax Agency Page for violating our policies against impersonation.'

The ITA ads in question on Facebook stated: 'Companies have saved billions in tax by relocating to Ireland from high tax EU nations.'

According to the video which accompanied Mr Cosgrave's Facebook post, more than one million European users were reached through these ads.

The ITA website contains a link to a news report on the UN special report, which condemned Ireland for 'preferential tax laws and weak tenant protections'.

It also linked to Wikipedia pages detailing certain special tax-efficient structures that Mr Cosgrave referenced.

ronan.smyth@dailymail.ie

Gardaí appeal for witnesses after man, 21, dies in crash

A MAN killed instantly in a road crash has been named locally as 21-year-old Jake Anderson.

Gardaí are appealing for witnesses.

Mr Anderson died when the Volkswagen Golf he was driving collided head-on with a truck in the townland of Ballingarrane, outside Clonmel in Co. Tipperary, shortly before 8pm on Monday.

Gardaí in Clonmel are investigating the crash, which happened on a wide, straight stretch of the N24, about 1km from the town.

The victim was travelling in the direction of Clonmel and the truck was heading towards Cahir.

Following the accident, the truck driver was brought by ambulance to South Tipperary General Hospital, where he was treated for minor injuries and shock.

Mr Anderson was pronounced dead at the scene and the coroner for South Tipperary has been informed.

Mr Anderson, from Fernville in Clerihan, Co. Tipperary, was a popular member of his local community and was involved in a number of sports, including rowing and football.

He went to school in Clonmel and worked as an apprentice pipe-fitter.

The road where the crash happened was closed on Monday night, and gardaí have appealed for witnesses to contact them at Clonmel station on (052) 6177640. A Garda family liaison officer has been working with the victim's relatives.

€1.5m worth of cannabis seized

A MAN has been arrested after cannabis worth more than €1.5million was seized by gardaí.

The drugs haul was made in west Dublin yesterday afternoon when officers from the National Drugs and Organised Crime Bureau stopped a vehicle and conducted a search.

It was part of an operation targeting organised criminality in Dublin.

A man, aged 66, was arrested at the scene. He is being detained at Lucan Garda station.

NOW TV Smart Stick Bundles

Brilliant TV streaming on your terms



50% off
all Bundles.*
From RRP €19.99

*Until 30 April 2019 and subject to availability.

Available at* Currys PC World **DID** **Harvey Norman** **TESCO**

GAME OF THRONES

sky atlantic
S8 Streaming now

ANT-MAN AND THE WASP

sky cinema
Streaming from 19 April

sky sports
Premier League Stream live
YOKOHAMA TYRES

18+. ROI only. Multi Pass Bundle available from RRP €22.49 and Entertainment Pass Bundle or Sky Cinema Pass Bundle available from RRP €19.99. After pre-paid period, Entertainment, Cinema and Sports Month passes renew automatically unless cancelled. WiFi, HDMI connection (cable supplied). NOW TV account set-up with debit/credit card required. Content shown is representative only and varies depending on pack purchased. Further terms apply. Game of Thrones © 2019 Home Box Office, Inc. All rights reserved. HBO® and all related programs are the property of Home Box Office, Inc. Ant-Man And The Wasp © 2018 MARVEL.



Bold look: Melanie Brown goes from bikini to humidifier, inset

Shouldn't you be with Girls in rehearsals, Mel?

IT'S been more than a decade since they last performed together.

But as work begins for their reunion tour, one Spice Girl seems in no rush to get practising.

In touch via FaceTime

Mel B was sunning herself by the pool in LA yesterday as Geri Horner, 46, Mel C, 45, and Emma Bunton, 43, were at a London studio for the second day of rehearsals for the tour, which starts next month. Scary Spice, 43, full name Melanie

By Jennifer Ruby

Brown, is 'completing work commitments' at home in LA, her spokesman said.

But she found time to pose in a leopard-print bikini before sharing a second picture on Instagram of her wearing a humidifier mask, which she said helps prepare her voice for rehearsals. Tensions are already high after Mel B claimed she and Geri had a lesbian affair in the 1990s.

But despite the no-show, Ms Bunton insisted there is no bad blood between the band, adding that Ms Brown had been keeping in touch through FaceTime.

news@daily mail.ie



From the top: Mel C and Geri

Voted Ireland's Best Family Friendly Supermarket.



SPECIALY SELECTED

Easter Eggstravaganza Bouquet

€13.99
per bouquet



SPECIALY SELECTED

Easter Elegance Bouquet^

€9.99
per bouquet



Easter Bumper Chrysanth Bouquet^

€7.99
per bouquet



Easter Tulips^

€4.99
per bunch



Elegantly poised,
elegantly priced.



On sale tomorrow.

Everyday Amazing.

Aldi Ireland **@Aldi_Ireland** **#AldiEverydayAmazing**

Aldi accepts cash, MasterCard, Visa, Apple Pay and Google Pay. No cheques accepted in store. All Aldi Special Offers subject to (limited) availability. Prices correct at time of going to print. For details of your nearest store visit our website at www.aldi.ie Check pack for warranty details. The warranty may be available via the distributor or the manufacturer. Packaging may vary. Products purchased at Aldi are covered by a 60 day guarantee. Goods returned must be accompanied by the appropriate till receipt and in original packaging if not defective. The Aldi refund policy does not affect customer statutory rights. *Vase not included.

Graham bags a 'bargain' on a date with his Beau...



Art: Norton and Beauchamp

BREXIT has clearly gone to Graham Norton's head – as he has splashed out on a Brexit-themed skull at an art auction.

Norton, 56, who arrived with boyfriend Hunt Beauchamp, bid for potter Grayson Perry's 'Restituted British Head' piece at Christie's in London, at an event for sexual health charity Terrence Higgins Trust.

The Corkman was chuffed to get himself a bargain, paying £18,000 (€20,800) – £7,000 less than the guide price. 'If I drink enough, I'm bidding,' he said. 'I've supported the Terrence Higgins Trust for years. It's a good charity and, sadly, its purpose hasn't gone away.'

Boyne quits Twitter after 'abuse' over transgender novel

Irish Daily Mail Reporter

AUTHOR John Boyne has deleted his Twitter account after furious activists criticised his new book about a transgender boy.

Critics of the Dublin writer took to social media to slam his new novel *My Brother's Name Is Jessica* for 'misrepresenting' trans people.

Some branded the author of *The Boy in The Striped Pyjamas* unqualified to write about the subject because he isn't transgender.

However, other users leaped to the defence of Boyne, saying writers should be allowed to use their imagination and 'write from many different perspectives'.

One critic wrote: 'John is not trans therefore this isn't his story to write. When it comes to transitioning, the trans person themselves should be centered. Not their siblings. This perspective has been done countless times already.'

Other Twitter users took offence to the novel's name –

'I've been called vulgar names'

claiming the title 'misgendered' its protagonist.

However, many users defended the best-selling author. One said: 'Really, because he is not trans then it is not his story to write? It is like saying a crime writer can't write a crime novel because he is not a criminal!'

Before he deleted his Twitter account, Boyne wrote of the reaction: 'I'm happy to answer Twitter comments on my new novel when time allows, but not if a tweet is framed in aggressive or rude terms, or makes assumptions about my intentions or beliefs.'

However, he deleted his Twitter account yesterday afternoon.

My Brother's Name Is Jessica centres around Sam Waver, whose older brother Jason explains that he is transitioning into a woman.

Boyne, who is gay, said in a

AUTHOR'S CRITICS

@subtlykawaii

1) John is not trans therefore this isn't his story to write.
2) When it comes to transitioning, the trans person themselves should be centered. Not their siblings. This perspective has been done countless times already.
3) Reading the novel is not mentally feasible.

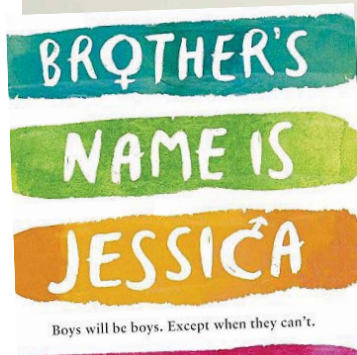
@lgbtqfc

the title of your book is inherently disrespectful and

makes it very difficult to start any discourse on polite terms.

@nikolaidarkling

Boycott @john_boyne and his new 'novel' *'My Brother's Name is Jessica'* in which his transphobic main character PHYSICALLY ASSAULTS a trans woman and this action is never condemned. Disgusting for an LGBT author to throw us under the bus like this.



statement that he was 'appalled' by the abuse he received about the book – which hasn't yet been published – and to an interview he gave last week-



'Appalled': Dublin author John Boyne

end about writing it.

He said: 'As a long-term ally and supporter of trans people, and the author of a new novel that seeks to help young people embrace both their own identities and the identities of their friends, I've been appalled by the response of people on social media towards both my Irish Times article, and a book that not a single one of them has even read.'

He added: 'The breaking point was Monday night when, within a few minutes of each other, I received one tweet simply saying "F*** John Boyne" and another, from a freshly set-up account, using a fake name, telling me to "be careful" when I'm out in public.'

'I'm simply not going to put up with this kind of nonsense from cowards who hide behind keyboards.'

'Criminal with Gilligan link' in the frame for ordering arson

By Ali Bracken

Crime Correspondent

GARDAÍ are 'closing in' on a close associate of drug trafficker John Gilligan suspected of ordering a major arson targeting a mother and her three children who were lucky to escape with their lives.

The shocking attack took place at Tyrone Place, Inchicore, Dublin, in September 2017.

Last month, an Inchicore man was sentenced to ten years behind bars for the indiscriminate attack, which caused the hearing aid of a seven-year-old girl to melt in her ear, causing permanent damage.

The Irish Daily Mail understands that gardai at Kevin Street are now 'making progress' in bringing criminal charges against the serious organised criminal closely linked to Gilligan who ordered the arson attack. The young criminal is known to gardai for drug dealing and handling firearms. He is considered 'highly organised' and is involved in a violent feud in south Dublin.

The criminal wrongly believed an enemy of his was staying at the apartment he ordered to be set alight in Inchicore, containing the mother and her three children, detectives suspect.

On March 22, a local man who set fire to the apartment with three children inside was jailed for ten years. Ian O'Connor, 29, of Emmet Crescent, Inchicore, Dublin, pled guilty to arson at Tyrone Place, Inchicore, on September 18, 2017.

The trial heard that on the date in September, Margaret Green was asleep in her apartment along with her three children and woke to find the stairs on fire.

Ms Green was trapped upstairs by the fire and tried unsuccessfully to smash the windows to escape. She covered her two youngest children with wet towels in her bedroom and was choking on smoke when they were rescued by the fire brigade.

Did partner kill whale trainer found in sea?



Mystery death: Amy Gerard

THE death of a killer-whale trainer is now being treated as possible murder with her boyfriend a suspect, it was revealed yesterday.

Amy Gerard's body was found in the sea off Puerto de la Cruz, Tenerife, on December 4.

The 28-year-old from Grimsby in England had been reported missing following a night out at an Irish pub with her German boyfriend Dennis Kissling and other friends on November 30.

Spanish police have placed Mr Kissling under investigation and a court specialising in violence against women is handling the case. Officials have lifted a secrecy order that had been imposed on the

By Gerard Couzens and Richard Marsden

inquiry into the disappearance and death of Ms Gerard, who was working at Loro Parque on the outskirts of Puerto de la Cruz.

Yesterday, an official speaking on behalf of the investigating judge said: 'The court has confirmed that the investigation has detected indications of criminality with regards to the boyfriend, who has been summonsed to give evidence in the next few weeks as a person under official investigation over his possible involvement in the death of Amy.'

'When the autopsy showed her body had signs of violence, the judge investigating the case at the

time passed it over to the Court For Violence Against Women.'

The statement did not name Mr Kissling as the man under investigation, although he was widely described at the time as Ms Gerard's boyfriend. He was a colleague at Loro Parque and it was known she was with him the night she disappeared after leaving the Molly Malone pub in Puerto de la Cruz.

She was filmed looking happy and relaxed as she and Mr Kissling danced to Fairytale Of New York by The Pogues. The pair were said to have been spotted going their separate ways after leaving the pub.

Details of the cause of Ms Gerard's death have still not been released. Yesterday, her family did not wish to comment.

news@daily mail.ie



Boyfriend: Dennis Kissling



HOME & FURNITURE

SO STYLISH YOU CAN WEAR IT

SAVE 20%
ON 1000s OF
PRODUCTS

OFFER VALID 17 – 23 APRIL



Offer 17 – 23 April. Subject to availability. Selected lines. Home Event excludes nursery furniture. For full terms and conditions see in-store or online at www.argos.ie. Under the Consumer Contracts (information, Cancellation and Additional Charges) Regulations you have a right to return items purchased by the telephone or online, see our catalogue for full details. This does not affect your consumer rights. Products may not be available in stores, over the telephone or internet. For availability, please check your local store, or visit www.argos.ie or call (01)2161616. Argos Ltd, 489-499 Avebury Boulevard, Milton Keynes MK9 2NW.

THE European Parliament elections may not rock your boat but they have the potential to give observers some political fun, as well as some pointers to the make-up of the next Dáil and government.

All of the party leaders will be as nervous as kittens come election day and the subsequent count. It's Leo Varadkar's first election as Fine Gael leader, given that the party didn't contest the Presidential election. That in itself, as much as the outcome, will be nerve-wracking. It probably won't be Micheál Martin's last hurrah – as Fianna Fáil will give him the general election as his final chance – but he needs an uptick in the party fortunes to give him confidence about the next big poll.

After Sinn Féin's enormous presidential election failure, leader Mary Lou McDonald is under pressure to show she has the election chops; the outcome will be closely monitored by the party brains trust in Belfast, who may need to be convinced about her electoral appeal as leader. Brendan Howlin will find out if the Labour Party – and he himself – retain any relevance.

Honeymoon

It will be interesting to see how actively Varadkar decides to campaign. It was one of the reasons why Fine Gael selected him: his perceived likeability, his ability to debate convincingly. There has long been a school of thought that Varadkar would have liked an early general election, to capitalise on his honeymoon period as the fresh-faced new leader, but events have prevented him from taking the gamble. Now he is stymied by Brexit.

The new October 30 deadline has ended the chances of a general election this autumn, something many of us thought was becoming inevitable. Instead, we are heading for close to another year before it happens in which, with the focus moved from Brexit, a lot of other things can go wrong for him.

It will be interesting to see how debacles such as the outrageous cost overrun on the construction of the National Children's Hospital will impact on voting patterns next month, and if the European elections become something of a proxy referendum on the performance of the Government.

Fine Gael's recent decision to push out to 2020 any changes to the rates of the local property tax was a blatant attempt to stave off trouble at both European and local level. But any loss of Fine Gael's four European seats will be regarded as a rebuke, even if the opinion polls suggest that three, at the very least, should be safe.

The only way for Fianna Fáil would seem to be up, given that it has no outgoing MEPs. Billy Kelleher will be a strong favourite to take the seat that the retiring Brian Crowley won for the party last time out, before he went Independent. But there will be pressure to do much better in Dublin, where the electorate has remained unforgiving about the economic debacle of a



In running: Peter Casey is keen to be an MEP



Independent: Clare Daly is going for it

Euro elections a snoozefest? Usually, yes – until you look at who might get elected...



THE MATT COOPER COLUMN

decade ago. European candidate Barry Andrews was a minister in the last Fianna Fáil government, but it remains to be seen how decontaminated he has been by many years outside of active politics. It may not be as important as the local election results, but a win here for Fianna Fáil would be big news.

Better vote management five years ago would have delivered a seat for Fianna Fáil in Midlands-North West. Peter Casey's emergence as a candidate – after his strong Presidential election

showing – has the potential to cause disruption to the voting patterns, further skewed by the retirement of Independent Marian Harkin. Whether or not Luke 'Ming' Flanagan remains as popular is a big question.

Matt Carthy's position in this region is fascinating. He intends to run for Sinn Féin in the Cavan-Monaghan constituency in the next general election. If, as is probable, he wins in that election, he will resign as an MEP and hand the slot over to the substitute nominee who appears

in the small print on the ballot paper. In other words, people are being asked to vote for whoever Sinn Féin offers it, the party being the candidate. Carthy is popular in the constituency – as is Sinn Féin – but is that taking voters too much for granted?

If Carthy can be confident nonetheless of re-election, party leader McDonald may have more reason to worry about her sitting MEPs Lynn Boylan (in Dublin) and Liadh Ní Riada (in the South). Boylan may be vulnerable, irony of ironies, because of

Britain's inability to complete Brexit. The constituency remains a three-seater until Brexit is achieved and then becomes a four-seater. Boylan has reason to worry about the proliferation of left-wing candidates who have declared. Clare Daly, the Independent socialist, may attract many voters, and Alice Mary Higgins, daughter of President Michael D Higgins, may benefit from name recognition as well as her own abilities.

Ní Riada's position is fascinating. Sinn Féin voters abandoned her during the Presidential election, so what will the people of her constituency, who now may know an awful lot more about her than they did when she was a fresh candidate five years ago, think of her continued suitability?

McDonald's worst nightmare would be if both of these women were to fail to retain their seats. It is not an impossible scenario. McDonald made her breakthrough in the 2004 European elections but suffered the shock of losing her seat in the 2009 election. That was just a temporary setback to her political rise, but a repeat for her protégés would do serious damage.

What will also be interesting is how much support the Independents get. Will the desire to reward Independents and minority parties, as a protest against the established parties, continue? The quality of those nominated to run varies dramatically, from the not quite sublime to the most definitely ridiculous.

Rejection

There are some notable established names, such as the aforementioned Daly and her great friend Mick Wallace TD, but just as voters may have reason to be suspicious of those who are using Brussels as a stepping stone to Dáil Éireann, others may be wary of those looking to Brussels as an escape hatch for fear of rejection at the next general election.

Luke 'Ming' Flanagan may have as much reason as Fianna Fáil to fear the arrival of Casey, but is the businessman really going to repeat Dana's trick of using the Presidential run as a warm-up to winning a European seat, on the basis that he is perceived by some to be a 'personality'?

In some respects the local elections – to be run the same day – may be a more important indicator to the next general election, giving the parties the opportunity to assess the strength of local support and potential candidates, but the European Parliament elections will get the bulk of headlines.

That said, the real fun may be in watching what goes on in the British European Parliament elections. These promise to be bizarre, with a dedicated new Nigel Farage-led Brexit Party fighting with Ukip to take the bulk of the disaffected (by the failure to achieve Brexit) vote, which will also be sought by some Tory and Labour members. The efforts to outdo each other should be spectacular.

Meanwhile, pro-Europeans will be trying to turn the whole thing into a proxy referendum on remaining within the EU, and fearing they could lose it. There always seems to be as much to lose as to win in elections.



by Jan Moir

NEVER mind the Eastfield Depot robbery, the dead bent copper, the brothel raid, the harvested DNA, the bloody shoot-out and the diversionary car crash caused by smearing oil on the road. (Was it virgin? Only on the ridiculous.)

By far the most sensational event in Sunday night's *Line Of Duty* (BBC1) was that it ended with Superintendent Ted Hastings (Adrian Dunbar) taking police legal counsel Gill Biggeloe (Polly Walker) back to his hotel. Old Testament Ted with a woman in his bed? Holy pillars of salt!

Poor Ted now lives in reduced circumstances, in a Travelodge room with a broken toilet and a photograph of his beloved wife on the bedside table. His hot date overlooked the lack of romance and the drabness.

'I'm just going to use your bathroom,' purred Gill, inching her Jessica Rabbit curves past the trouser press and into the en suite to take advantage of the free toiletries and complimentary mints included in the room rate.

Yet, before she could return, violent happenings elsewhere suggested a swift end to any hanky panky that our darling Ted would assuredly live to regret. Heaven knows what is going to happen next.

While *Line of Duty* is quickly becoming the hit drama of the year so far, there is no doubt about who is the shining, true blue star of the show.

DI Kate Fleming (Vicky McClure) and DS Steve Arnott (Martin Compston) are admirable sidekicks who carry out their duties to the letter of the law. However, it is their boss, Hastings, whom millions of fans love the most.

SuperTed is an unlikely modern hero – and an even more unlikely sex symbol – but there is no doubting his appeal. When he threatened to handcuff a suspect to a chair in the finale of the last series, huge numbers of women took to social media to exclaim that if darling Ted was determined to go around handcuffing people to bits of furniture, then he could most certainly count on them to be willing accomplices.

Ladies, please!

What do they see in the middle-aged, no-nonsense copper whose granite personality, craggy profile and humourless charm come wrapped up in a police blouson and a dinosaur dose of old-fashioned sexism?

HE'S certainly proof that substance and a commanding air can be so much sexier than mere good looks. And while Hastings may have just promoted Fleming, he still sees her in fond but reactionary terms.

'She's a great wee girl doing a bang-up job', is how he puts her career trajectory to date. Feminists, look away now.

Yet women – and men – still adore him. Perhaps it is because in these uncertain times he represents the trustworthy good guy and the kind of urgent authority that seems so absent from blundering public life?

Certainly for over 20 episodes in four previous TV series, Hastings has always been the true north on the *Line Of Duty* moral compass. A man of principle and honour, outstanding at being an upstand-

ing officer, someone you could trust to do the right thing. OR COULD YOU?

As the senior investigating officer of the anti-corruption unit AC-12, he is charged with seeking out wrongdoing among the police rank and file.

Over the years, he has become a folk hero for his blunt speech, his Irish aphorisms ('now we're sucking diesel') and his unassailable probity. Now, we are being asked to believe, that he might be the criminal mastermind behind, well, everything.

I'm not sure how much more I can take. It would be like finding out that Santa Claus didn't exist.

Dunbar was at the BBC screening launch of the new series a few weeks ago, and when fans asked him if we could still trust Ted, he was adamant. 'Yes, you can!' he

cried, looking dapper in a black T-shirt and fashionable specs, while blowing kisses into the audience. But did he mean it? I mean, really mean it?

For this 60-year-old actor, playing Hastings has been a 'game-changer', bringing him the big break – at last! – that every actor longs for.

Joiner's son Adrian was born in Enniskillen, later moving to Portadown, where his dad sought work. He moved to London in his 20s to seek work as an actor and everyone knew he would be a success.

One of his teachers at Drumcree College said: 'He was always destined for the stage. It comes as no surprise that he made it big. He was a brilliant lad.'

Over the years, he has starred in various TV shows such as *Cracker*,

Inspector Morse, *Ashes To Ashes* and *A Touch Of Frost*, and appeared in hit films including *The Crying Game* and *My Left Foot*.

He also co-wrote and starred in the 1991 movie *Hear My Song*, based on the life of legendary tenor Josef Locke.

However, this is his longest-running role and he sees Hastings as someone who is 'highly moral and loyal'.

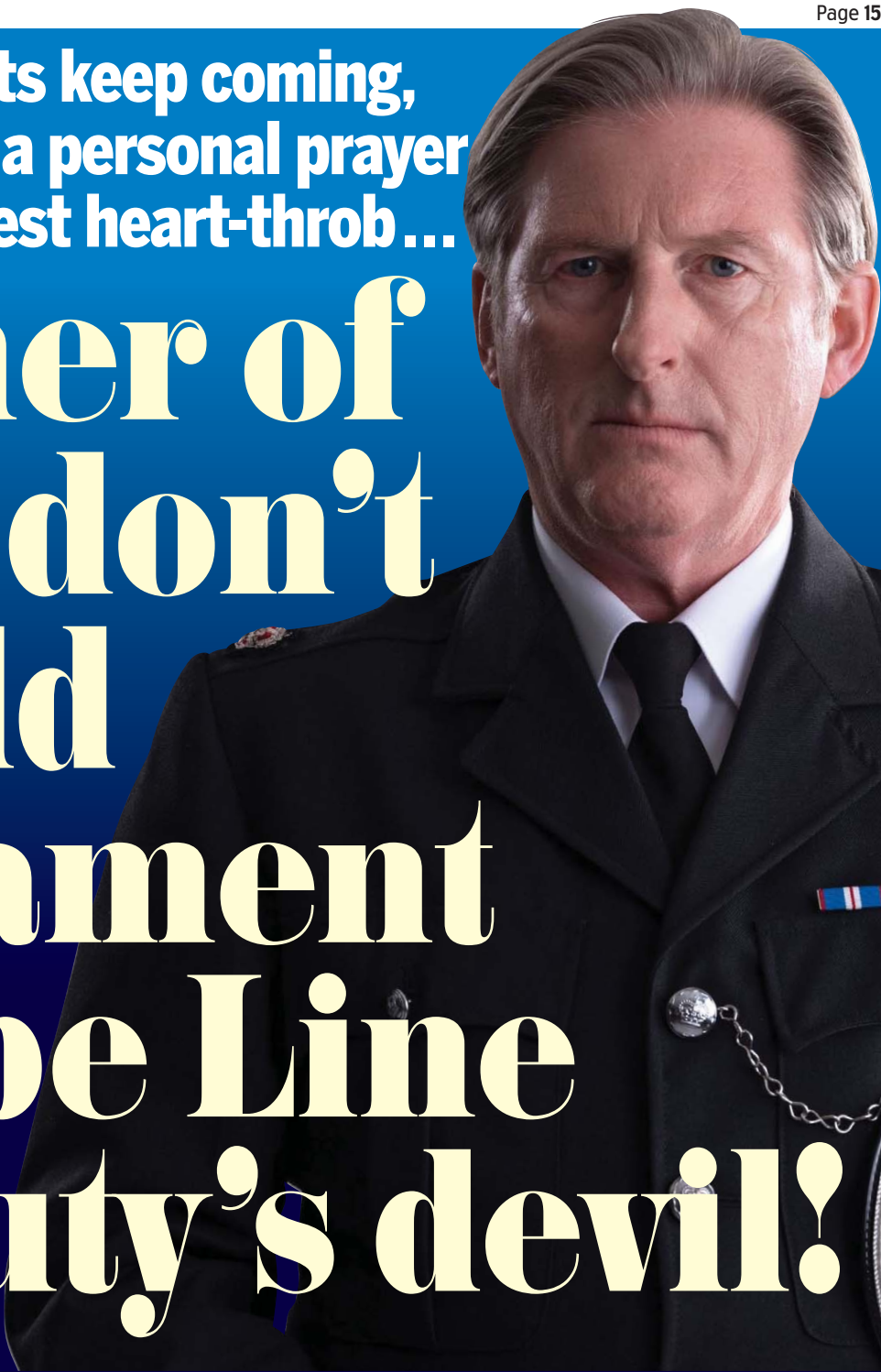
Taking inspiration for Hastings from football managers Bill Shankly and Alex Ferguson, Dunbar describes him as someone who is 'like all of us, struggling to be good'.

It is that dark struggle that concerns us here.

For somewhere across town his estranged wife Roisin (Andrea Irvine) was being taken hostage

As the plot twists keep coming, JAN MOIR's got a personal prayer for TV's unlikeliest heart-throb...

Mother of God, don't let Old Testament Ted be Line Of Duty's devil!



TED HASTINGS' KILLER LINES ON DUTY

- Give me strength.
- Now we're sucking diesel.
- That wee girl/wee witch.
- Police lawyer or no, you will address me as Sir.
- What are you waiting for? The No 19 bus?
- If we go down, we go down fighting.
- I am calm! I am totally bloody calm!
- Jesus, Mary and Joseph.
- She's a great wee girl doing a bang-up job.
- This department's been watertight
- for years, fella, and now it's leaking like a colander!
- I didn't float up the Lagan on a bubble.
- Holy Mother of God!
- I can guarantee you 110% none of my people would plant evidence. They know I would throw the book at them – followed by the bookshelves.
- Right, back to the coalface, unless you've got more egg-sucking tips for your granny.
- This is beginning to feel like a life's work.

Good cop bad cop? Adrian Dunbar as Supt Ted Hastings in BBC1's *Line Of Duty*

Picture: BBC / WORLD PRODUCTIONS LTD

by the increasingly unhinged John Corbett (Stephen Graham).

As the episode came to a close, we left Ted on the bed with his hands on his head. His seed perhaps unsown by the ringtone of a phone. Another blow to leave us low on this head-spinning show.

FOR are we really to believe that not only is Ted Hastings the bent copper behind the organised crime gang who have committed every murder and robbery since series one, but also this God-fearing Ulsterman is now about to commit adultery, too?

Jesus, Mary and Joseph. Have we forgotten that he takes nuptial vows seriously?

'I am a married man,' he told Biggeloe when she tried to seduce him in a wine bar back in series three. 'We took vows,' he wheedled, when his wife told him last week that she wanted a divorce.

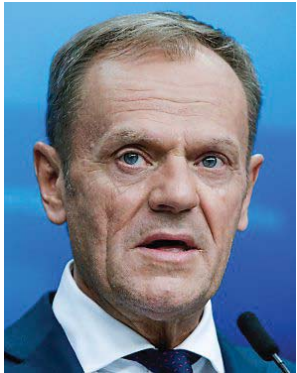
Give me strength, fella. Ted was always a full beam of goodness, now he is low and vulnerable; skulking around, destroying his laptop and acting suspiciously.

Line Of Duty has always been about moral ambiguity, who can or cannot be trusted, in or out of uniform.

However, if Ted turns out to be the black pip in the barrel of bad apples? We'll never get over it.

Tusk's Brexit dream

EU chief says he still hopes Britain will reverse its decision to leave as talks between May and Corbyn on a deal start to falter



Hope: Donald Tusk

Irish Daily Mail Reporter

EUROPEAN Council president Donald Tusk yesterday said he still believes that Britain might not leave the European Union.

The Brussels chief said that after Brexit was delayed until October 31, the UK would continue to be represented in the European Parliament for 'several months - maybe longer'.

Speaking in Strasbourg, Mr Tusk told MEPs that he disagreed with those who say the EU should abandon hope of the UK reversing its decision to leave.

'During the European Council one of the leaders warned us not to be dreamers, and that we shouldn't think that Brexit could be reversed,' he said.

'I would like to say: at this rather difficult moment in our history, we need dreamers and dreams.'

'We cannot give in to fatalism. At least I will not stop dreaming

'It will continue the uncertainty'

about a better and united Europe.'

European Commission president Jean-Claude Juncker told MEPs the EU has 'nothing to gain' from the disruption a No-Deal Brexit would bring to the UK.

Mr Juncker said: 'We have adopted the necessary contingency measures and we are ready for a no-deal Brexit.'

'But our union has nothing to gain from great disruption in the United Kingdom. The only ones who would benefit are those who resent multilateralism and seek to undermine the global legal order.'

European Parliament chief Brexit co-ordinator Guy Verhofstadt expressed his fear that Brexit would 'poison' the European elections.

Referring to the delay to Brexit, he said: 'I fear that it will continue the uncertainty. I fear that it will prolong the indecision. And I fear most of all that it will import the Brexit mess into the European Union and moreover, that it will poison the upcoming European election.'

In London, cross-party talks between Jeremy Corbyn's Labour Party and Theresa May's Conservative government continued at an official level but Mr Corbyn yesterday warned that they were stalling.

The Labour leader said the party



United stand: Nancy Pelosi with Leo Varadkar yesterday

'No UK trade deal if it hurts peace process' – Pelosi

NANCY Pelosi, the US House of Representatives speaker, has said there will be no chance of a US-UK trade deal if there was any weakening of the Good Friday Agreement.

Ms Pelosi said an accord would not be considered if Britain's exit hurt the peace process, in a boost to Ireland and a blow to Brexiteers who have championed a US-UK deal. Speaking in Dublin, Ms Pelosi said:

'They want to leave the EU - that's the decision their country is making, has made - and as they work it out, not to think for one minute that there's any comfort for them in the fact that if they leave the EU that they would quickly have a US-UK trade agreement. That's just not on the cards, if there's any harm done to the Good Friday accords. Don't even think about that.'

Ms Pelosi was greeted by Tánaiste Simon

Coveney at the Department of Foreign Affairs yesterday afternoon, ahead of a meeting with Taoiseach Leo Varadkar at Government Buildings. The 79-year-old is part of a delegation of high-ranking US politicians on a fact-finding mission to Ireland.

Today, she will address the Dáil, and later the delegation will meet President Michael D Higgins, and the Taoiseach will host a dinner at Dublin Castle in their honour.

Spend less, Donohoe urges ministers

PASCHAL Donohoe yesterday warned ministers to mind their spending, despite bringing new figures showing Government spending was lower than expected.

The Finance Minister brought a memo to Cabinet yesterday outlining that at just over €15 billion, Government expenditure until the end of March was 2.2% below profile. At the same Cabinet meeting, ministers were briefed that Exchequer tax receipts were ahead of target, some €843 million higher year on year.

Minister Donohoe revised the country's expected growth rate downwards of foot of global trends. The forecasts that underpinned

the budget - that GDP would rise by 4.2% this year and 3.6% in 2020 - have been revised down to 3.9% and 3.6% respectively.

He said: 'Despite the less favourable external environment, the Irish economy remains in a strong position, and this is paying dividends in the labour market where an additional 50,000 jobs are expected to be added this year.'

'We cannot be complacent, however, as there are serious risks on the horizon, not least of which is the nature and timing of the UK's exit from the European Union.'

'It is absolutely vital that we continue to build up our fiscal defences,' he added.

had put its case that the future relationship with Europe had to mean a customs union.

He added: 'There has to be access to European markets and above all there has to be a dynamic relationship to protect the conditions and rights that we've got for environment and consumer work-

place rights. We've put those cases very robustly to the government and there's no agreement as yet.'

'We've put the case, we've had quite interesting, quite long technical discussions, particularly on environment regulations.'

But he said Mrs May was under pressure from Tories who wanted

a trade deal with US president Donald Trump. 'I don't want to do that,' he said.

Meanwhile, the pro-EU Independent Group set up by MPs who defected from Labour and the Conservatives has officially become a registered political party called Change UK.

This means they can field candidates at the May 23 European elections.

Brexit Party leader Nigel Farage yesterday claimed his new party would cruise to victory at the European Parliament elections - and that his party would win a British general election if Mrs May and Mr Corbyn agree to the 'betrayal' of a permanent customs union.

He told the European Parliament: 'The Brexit Party will sweep the board in these elections and there is only one way it can be stopped and that is if the governing party of Mrs May and the opposition of Mr Corbyn come together and agree to a permanent customs union, and indeed effectively membership of the single market.'

'If that happens, the Brexit Party won't win the European elections but it will win the general election because the betrayal will be so complete and utter, so I don't believe it's going to happen,' he added.

news@dailyemail.ie



‘Get tough on false compo claim lawyers’

Retail body wants solicitors to verify clients’ cases

By **Christian McCashin**

SOLICITORS who enable fraudulent or exaggerated personal injury claims on behalf of clients should be reported to a watchdog, a retail group has argued.

Just as solicitors have to verify the authenticity of asylum claims, the small shops group Retail Grocery Dairy and Allied Trades Association said similar measures should be imposed on personal injury cases.

RGDATA’s director general, Tara Buckley, said: ‘Where a court throws out a case for being exaggerated or fraudulent, there should be a mandatory referral of the prosecuting solicitor to the Legal Services Regulatory Authority to determine if he or she breached their professional duties or were actively complicit in misleading a court and the business defending the claim.’

Ms Buckley also said RGDATA wanted to see insurance compa-



Warning: Tara Buckley

nies hit with an supertax if shops’ premiums were not reduced.

She said the Government should copy the approach taken to bankers’ bonuses by introducing a supertax on insurance firms if they did not lower their premiums.

But Neil McDonnell, head of

small business lobby group ISME, said taxing the insurers would ‘just give them another reason to jack up’ their prices.

He said: ‘Our members are absolutely struggling with insurance costs at the moment and some of it is business-threatening. The big risers are employers’ liability and public liability and it’s threatening many businesses.’

‘One company in the adventure play business got a quote

‘Our members are struggling’

for next year of €290,000. He doesn’t want to go public because he hasn’t concluded the negotiations yet. He gets about five or six claims for minor injuries a year, they’re settled for not a lot of money but he’s just deemed to be an extremely high risk because of that compensation culture,’ he said.

Three major insurers in Ireland made profits last year of €200million at a time when many cus-

tomers are facing rising insurance costs and challenges in getting cover.

RGDATA says the companies’ levels of profitability cannot be justified when customers are in huge difficulties getting cover.

Ms Buckley recalled that when bankers threatened to reintroduce bonuses for top staff at a time when many customers were struggling, the Government responded with a supertax, which stopped bankers in their tracks.

‘The prospect of a similar tax on insurers, whether through a levy on them or otherwise in October’s budget, would be a game-changer,’ she said.

‘It would compel them to adjust their behaviour and actions or else face penal taxation rates. The choice would be theirs.’

‘At present the insurers are benefiting from the reform but channelling their change into their shareholders’ pockets rather than supporting their struggling policyholders. This has to stop now.’

christian.mccashin@dailymail.ie

WORLD NEWS

Peace plan ‘will be born dead’

THE new Palestinian prime minister yesterday accused the US of declaring ‘financial war’ on his people – and said an American peace plan purported to be in the works will be ‘born dead’.

Mohammad Shtayyeh, who took office over the weekend, spoke in an interview of his plans to get through the financial crisis he has inherited.

He also predicted the international community, including US allies in the Arab world, would join the Palestinians in rejecting President Donald Trump’s expected peace plan.

Teen’s call for climate action

SWEDISH teenage environmental activist Greta Thunberg says time is running out to halt climate change – and is urging European politicians ‘to panic’.



The 16-year-old, pictured, told EU leaders in Strasbourg: ‘I want you to act as if the house is on fire.’ During a speech that received a standing ovation, Ms Thunberg fought back tears as she warned MEPs and officials about rapid species extinctions, soil erosion, deforestation and the pollution of oceans.

69 jailed for life after mass trial

A **BAHRAINI** court has sentenced 69 people to life in prison and revoked the citizenship of 138 defendants in a mass trial on terrorism-related charges.

Seventy others were sentenced to between three and 10 years imprisonment.

The Bahrain Institute for Rights and Democracy said that this adds up to a total of 990 people who have been stripped of their nationality since 2012, including activists speaking out about human rights abuses.

Egypt leader in new power bid

EGYPT’S parliament has passed amendments to the constitution that could see president Abdel-Fattah el-Sissi, pictured, remain in power until 2030.



The vote, which sends the amendments to a referendum, was seen by critics as another step back to authoritarianism, eight years after an uprising ended Hosni Mubarak’s three-decade rule.

El-Sissi has been in power since 2014. The referendum will likely take place before early May.

Sea dog rescued 215km from land

A DOG found swimming more than 215km from shore by workers on an oil rig in the Gulf of Thailand, has been returned safely to land.

A worker on the rig belonging to Chevron Thailand Exploration and Production, Vitisak Payalaw, said on Facebook that the dog was sighted last Friday swimming towards the platform. The crew managed to rescue the animal by putting a rope around its neck and hauling it up.

It was later sent to the animal protection group, Watchdog Thailand.

Isis bride enlists Birmingham Six lawyer

A BRITISH Isis bride is being represented by a leading human rights lawyer, whose past clients included the Birmingham Six and Guildford Four.

Gareth Peirce took on the case of Shamima Begum last week.

The 79-year-old lawyer is also currently representing WikiLeaks founder Julian Assange in his battle against extradition to the US after his arrest last week.

The solicitor made her name representing the Birmingham Six and Guildford Four –

By **Arthur Martin**

two groups of Irishmen falsely convicted of IRA bombings in UK pubs in 1974.

Her latest case will see her represent Ms Begum, who left the UK at the age of 15 to marry an Isis fighter and has since been stripped of her British citizenship.

The now 19-year-old recently said that she ‘really regretted everything’ and wanted a second chance.

Ms Peirce was played by Emma Thompson in Jim Sheridan’s 1993 film, *In The Name Of*

The Father, which was based on the story of the Guildford Four.

She also represented Judith Ward, who was wrongfully convicted of the M62 coach bombing in 1974.

Her other clients have included Moazzam Begg, who was held by US authorities at Guantanamo Bay, Cuba for nearly three years, and the family of Jean Charles de Menezes, the Brazilian electrician was mistaken for a terrorist and shot dead by police at Stockwell Tube station in the aftermath of the 7/7 London bombings in 2005.

Tech lets dementia patients live at home

THIS is the hi-tech house of the future – aimed at revolutionising dementia care.

Packed with sensors that can pick up on everything from changes in eating habits to looming infections, falls and blood pressure, such a home aims to allow dementia sufferers to live as independently as possible.

The project, if it were to be implemented, could keep hundreds of elderly people out of care homes or hospital wards.

Early trials show scanners, miniature radar monitors and door sensors can be used to track

By Ben Spencer

movement, pick up early signs of infection and alert relatives if someone has fallen.

Within a decade, a cheap 'dementia kit' could be prescribed by a GP and installed by an engineer to transform any home, scientists say.

They believe such technology could transform the 'broken' dementia care system in which many families are abandoned to cope without help from the state.

The project – a partnership

between Imperial College and Surrey University in England – is the focus of a €23million dementia research centre at Imperial's new campus in west London.

Scientists believe the technology – much of which is already available – could cut many hospital admissions by monitoring patterns of behaviour and picking up problems early.

Crucially, it is very cheap – with sensors costing as little as €12 and with apps and software that control the system available for free.

The most expensive part of the system would be the smartphone

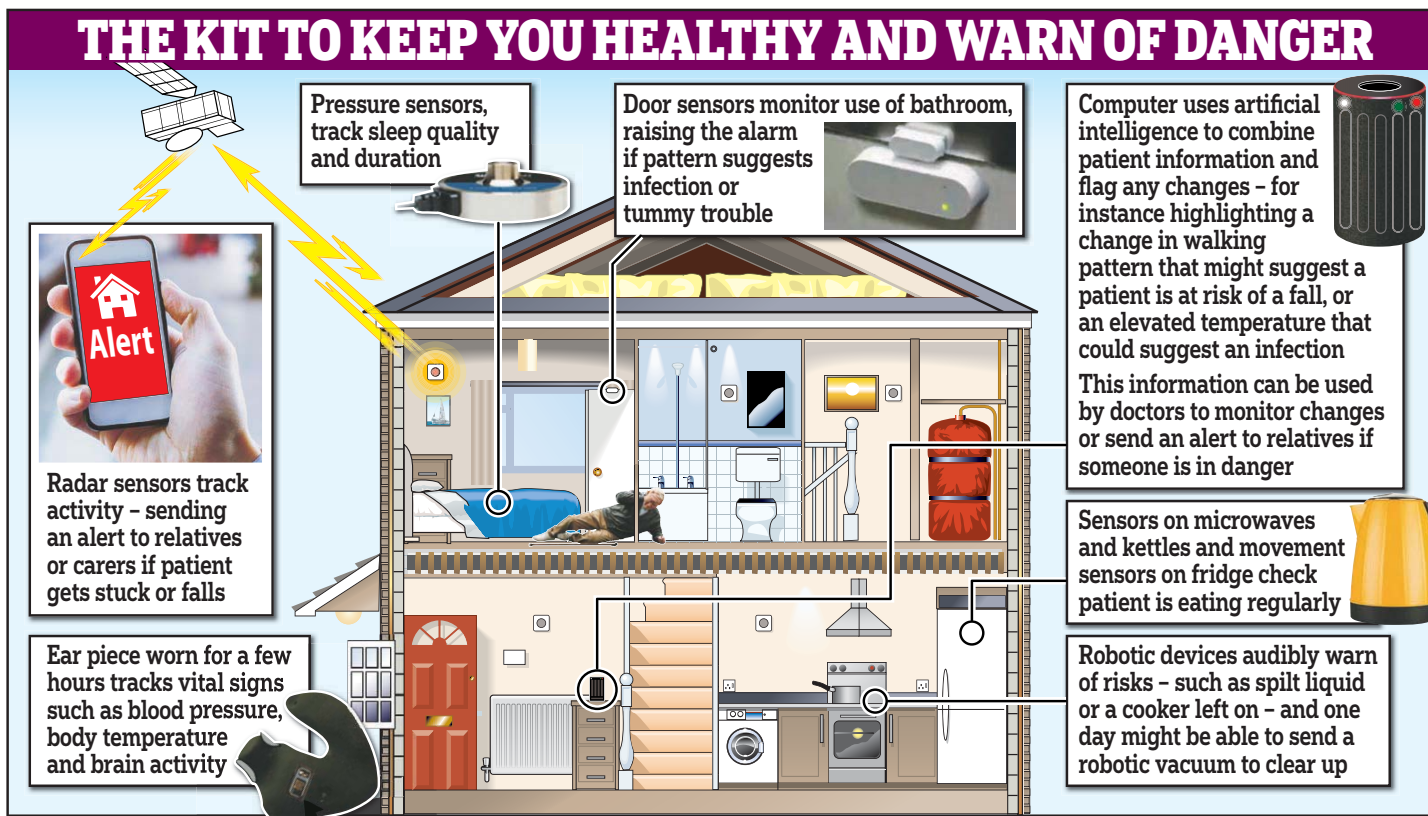
required to view the data.

Professor David Sharp, head of the new centre, said doctors could begin offering such technology within ten years.

'You might have your dementia engineer come over and deploy the technology into your home,' he said.

'So this may sound like science fiction, but I think many of the elements of this are in place.'

Technology being developed includes sensors to track a patient's heart rate, blood pressure and body temperature, as well as brain activity, sleep and even someone's gait.



Social media was too much for suicide girl

Tragic 12-year-old was overwhelmed, inquest told

By Liz Hull

A GIRL of 12 who wrote 'RIP' on her heel before killing herself was emotionally overwhelmed by social media and did not have the skills to cope, a coroner has said.

The inquest into Jessica Scatterson's death heard that on the night she died, Jessica – who claimed she was bullied online – had posted a picture of her foot and a list of reasons why she should kill herself.

Friends alerted police, and when officers raced to her home and woke her father, he discovered she had hanged herself in her bedroom surrounded by cuddly toys. A suicide note included the name of Jessica's alleged bullies and abusive messages were later found on her iPad.

Alan Moore, senior coroner, said he agreed with comments by Wendy Walsh, an emotional well-



'Bullied': Jessica Scatterson

being co-ordinator at Penketh High School in Warrington, where Jessica was a pupil, who gave evidence about Jessica's social media use.

He said: 'She said, "The pressures young people are under are extraordinary. Young people don't have the skills to cope with

such overwhelming emotions" – those were her words and I echo that.'

Delivering a verdict of suicide, Mr Moore added: 'It is clear to me that Jessica must have felt emotionally overwhelmed at the time she took her own life.'

'The level and the intensity of her activity on social-media platforms, particularly in the build-up to her death, cannot have failed to have influenced her

'Scratched face and swollen eye'

thinking, her state of mind.'

Jessica's father Christopher, 41, spoke to police from an upstairs window when he was woken at home on April 22, 2017, before officers heard a 'loud scream' from inside. Sergeant Ross Dryden, of Cheshire police, told the hearing he tried to resuscitate Jessica, who would have turned 13 two days later, until paramedics arrived. She was pro-

nounced dead a short time later.

Police launched an investigation and discovered an incident 'relating to Jessica being bullied at school' in 2016, which left her with a scratched face and a swollen eye. But it was unclear who had started the fight so no action was taken. Staff said there had been some name-calling and fall-outs with friends, but denied it amounted to bullying.

The court heard Jessica had spoken to teachers about her difficult home life. Learning mentor Sarah Baron said Jessica had been worried about her father because he would 'sometimes come home from work, go to his room and cry'. She said: 'Jessica just seemed like a child who was taking too much on.'

While the Irish government has promised a social media tsar, the British government is planning to launch a tech regulator that will have the power to impose penalties on social media firms for failing to delete posts that promote suicide or self-harm.

news@daily@mail.ie

Another ATM stolen by a digger gang in the North

Irish Daily Mail Reporter

ANOTHER cash machine has been ripped from a wall by a brazen hole-in-the-wall gang in the North.

A digger was used in the early-morning attack on a shop in Market Square in Bushmills, Co. Antrim.

Market Square was last night closed as detectives launched inquiries.

A total of 13 ATMs north and south of the border have been ripped out of walls using diggers since October. Ten of the cash machine heists have been carried out in the North.

Glyn Roberts, chief executive of Retail NI, which represents small businesses, said: 'This is a shameful attack on a rural town which was preparing for a busy Easter weekend of visitors and tourists.'

'The loss of this ATM means that the local community and tourists will be restricted in accessing cash.'

He said every ATM robbery brought rural Northern Ireland closer to being a cash-free zone.

Many Retail NI members are considering removing their ATMs for fear of their shops being smashed up. Mr Roberts said Retail NI will be meeting the Policing Board tomorrow to discuss the police response and what more can be done.

Last week, a Derry shopkeeper put up giant concrete blocks on either side of his ATM in an effort to keep it safe. An image appeared on social media of the ATM outside Jamesie's Centra in Maghera, Co. Derry.

Large concrete blocks were placed on either side of the ATM, allowing just enough room for a customer to access the ATM. When contacted, the shop did not wish to comment on the placement of the blocks.

It followed an ATM robbery in nearby Dungiven, in which a cash machine was forcibly removed at a filling station on the Feeny Road. In a similar fashion to earlier attacks, the gang stole a digger from a nearby work site and used it to pry the machine from the wall.

The heist was captured on CCTV and showed three men in balaclavas carrying out the raid at 4.15am over the course of around four minutes.

Plans for day to remember home victims

AN annual national commemoration day to remember former residents of mother and baby homes could be introduced in Ireland as part of a series of recommendations set out by a consultative group.

It comes as the Government announced a number of measures it is implementing following the report from the collaborative forum of mother and baby home survivors.

The Government is to develop a package of health and well-being measures which will be brought for approval in September.

There will also be changes to adoption legislation, a memorial programme including a Phoenix Park monument and a research project on language and terminology.

Terri Harrison, who was a resident in the former mother and baby home at Bessborough in Cork, said the announcement has given her 'great hope'. 'I did not think I would live to see this day, ever,' she added.

The RED Carpet

MORE GREAT STORIES AT WWW.EVOKE.IE

How Andrew's 'hot priest' role led to interest in the Church and its rules...

ANDREW Scott has said his 'sexy priest' role in BBC comedy *Fleabag* has made Catholicism relevant – and led to uptick in internet searches seeking information on the workings of the Church.

The Dubliner, 42, has admitted: 'I certainly think the series has made [Catholicism] relevant. There's been a thing where googling "Can you have sex with a priest?" has increased. So that's extraordinary to me.'

In the show, Phoebe Waller-Bridge's character, *Fleabag*, types the question into her search engine when wondering what the possibilities are when she becomes infatuated with the priest played by Scott.

Perhaps most famous for playing the evil Moriarty in *Sherlock*, Scott, pictured, said he relished his most recent romantic role.

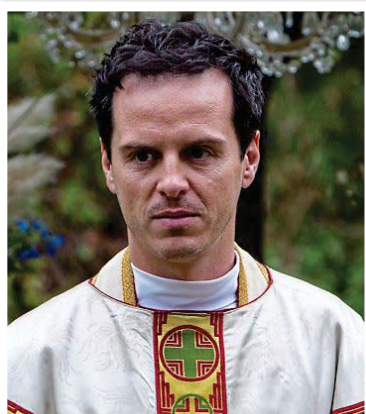
He told *The Telegraph* newspaper: 'I'm quite a romantic person in real life and it's something I've not had a lot of opportunities to express in work.'

Scott said that he is gay but no longer a Catholic and that he was pleased to play a straight man. He told the paper: 'I think it's very dangerous ground to go down that road where we feel we are only, as actors, entitled to represent our own sexuality, or nationality, or things that are only within our own experience.'

The bond between Scott and Waller-Bridge's characters depicts what happens when two flawed characters fall in love, and also shows that *Fleabag* herself is capable of having a meaningful relationship.

Last week, Scott admitted on ITV show *Lorraine* that he's shocked over his new 'hot priest' status and said he never used to be a 'sex symbol'.

'I sure didn't, [especially growing



up] with all those not-hot priests – no offence to the priests who taught me in Catholic Dublin,' he said.

'It's been amazing, it's been absolutely incredible. I knew it was a beautiful script but the effect that it's had on people is amazing.'

'I used to go to these drama classes when I was a kid and I was shaking going in and then something just sort of happened. I had this little sort of lisp, quite a strong lisp, and it really helped with that.'

'I think drama is really good for kids... even if they don't become professional actors, even just to learn how to get up in front of strangers.'

Andrew also spoke about his close friendship with *Fleabag*'s creator and co-star Phoebe, 33, who is also the brains behind *Killing Eve*.

He said: 'We did a play about ten years ago. We had this amazing meeting last summer, she rang me up to talk about *Fleabag*... We wanted to really convey love in a proper sense.'

'They are flawed characters. I think that's why people really respond to *Fleabag*.'



Now that's a RiRi colourful outfit!

SINGING sensation Rihanna unleashed her inner chic as she became the cover star of Harper's Bazaar.

The 31-year-old pop icon embodied style and beauty as she donned a fabulous display of colourful garments for the fashion magazine's May issue. And among the amazing outfits was this eye-catching rainbow-coloured dress for Maison Margiela

Artisanal, by designer John Galliano. The Umbrella singer looked as radiant as ever, and simply oozed power and confidence, as she put on her fierce one-woman show. Swirling the threads in a spectacular display of colour, the star completed her look with a bold swipe of black eye shadow, a Givenchy Haute Couture jacket and shoes – and a personal touch with her own earrings.



I wasn't Cher about hit song, admits pop legend

MUSIC icon Cher, pictured, has revealed she believed her first hit, *I Got You Babe*, wasn't a 'good song' when she first heard it.

The legendary 72-year-old singer released the song in 1965 with her late husband Sonny Bono, and it was the first single taken from their debut studio album, *Look At Us*.

At the time, it was a global hit and spent three weeks at the top of the US Billboard charts after selling over one million copies.

However, Cher, who was appearing on *The Tonight Show Starring Jimmy Fallon* on Monday, was less than impressed with the duet

before it became a hit, when Sonny woke her up to sing it.

She told Fallon: 'When Sonny was trying to teach me *I Got You Babe* in the middle of the night, and woke me up and said: "Cher, come here... Cher, come here. I've got this song... I want you to sing so-and-so and so-and-so". And I went, "No, I don't."

'He said, "Cher, it's me. Damn it. Just do it." And then I did it and I said, "I don't think it's a good song. I'm going to bed."

Cher was on the late-night chat show to promote her Broadway musical, *The Cher*

Show. The show cast three actresses – Stephanie J. Block, Teal Wicks and Micaela Diamond – to play the pop star in different stages of her six-decade career.

At the weekend, Cher became involved in a Twitter dispute with President Donald Trump. Trump had proposed transporting immigrants arriving at the border with Mexico directly to liberal cities such as Cher's home, Los Angeles. She tweeted: 'If my state can't take care of its own, how can it take care of more?' Trump responded sarcastically on Twitter: 'I finally agree with Cher!'

The last laugh? Women fill shortlist for comic writing

By Jennifer Ruby

IT IS a literary award that only three women have ever won, sparking accusations of sexism from Marian Keyes.

But now the Bollinger Everyman Wodehouse Prize for Comic Fiction has produced a female-dominated shortlist, with only two men among six contenders, including Roddy Doyle.

Keyes questioned last year why she had not been shortlisted for the prize. 'Say what you like about me, my books are funny... What else do I have to do to qualify?' she complained.

The Wodehouse Prize was not awarded at all in 2018 because none of the books put forward prompted 'unanimous, abundant laughter' from the judges.



Complaint: Marian Keyes

Now it has returned, and Nina Stibbe has made the shortlist for the third time with her book *Reasons To Be Cheerful*.

Lissa Evans also returns for a third time with her eighth novel, *Old Baggage*. They will go up against Kate Davies's first novel

for adults, *In At The Deep End*, and US writer Jen Beagin's *Vacuum in the Dark*. The two men are Booker Prize winner Doyle, for *Charlie Savage*, and New Zealander Paul Ewen, with *Plug: Writer In Residence*.

Meanwhile, famous authors are being told to write their new novels under pseudonyms because of an 'obsession' with debut writers, Joanne Harris has claimed.

Harris, 54, best known for her novel *Chocolat*, said publishers wanted to sign new authors because they were more likely to win the big literary prizes.

She tweeted: 'Increasing numbers of experienced authors (most of them women) are being advised to write under a different name, so their publisher can present them as debut authors.'

Get set

Sharpen your pencils for the launch of our new daily Puzzles & Prizes pullout on Saturday. Here, Countdown queen Carol Vorderman shows how to crack another of our great new games

THE Mail is launching its bigger, brighter Puzzles & Prizes pullout this week. And to celebrate, each day this week we are putting one of the new number puzzles under the spotlight.

Today, television's best-known puzzle addict Carol Vorderman is here to share her tips on how to unlock the secrets to solving Futoshiki, a fascinating test of your logic.

You can find yet more games in the interactive version of the paper, Mail Plus, available for tablets and smartphones at www.mailsubscriptions.ie — visit the website to find out more. Get puzzling!

**TOMORROW:
HOW TO
TACKLE
TRAIN TRACKS
ON SATURDAY: OUR
NEW PUZZLES &
PRIZES PULL-OUT**



Capasal Shampoo

Pick of the bunch for dandruff

Triple action therapy removes scales, relieves itching, with coconut oil to condition the hair

Original or Herbal

Ask for CAPASAL SHAMPOO at your local pharmacy
Capasal Therapeutic Shampoo is a medicinal product.
Always read the leaflet/label before use.

for Futoshiki fever!

CAROL'S CUT-OUT-AND-KEEP GUIDE TO FUTOSHIKI

THE RULES OF FUTOSHIKI

FILL the 25 cells with the numbers 1, 2, 3, 4 and 5. Each number can appear only once in each horizontal row and vertical column.

JARGON BUSTER

SOME cells have an arrow-like symbol beside them.

This indicates whether a number is 'greater than' (>) or 'less than' (<) the number in the adjacent cell.

These V-shaped signs are mathematical symbols: 4 is bigger than 3 so '4 > 3'. And 1 is smaller than 5 so '1 < 5'. Some people call them chevrons or angle brackets but I simply call them greater than (>) and less than (<). In Futoshiki, they can point up and down, too.

STEP 1

		>		
				^
			1	
		>		2
		4	2/3	1
		5	3/4	

WE'VE given you the highlighted numbers as a starting point. First big clue: there are two chains of four cells linked by 'greater than' symbols. Take the lower one: the first cell has to be a 5 (because there's already a 4 in that column). And the last cell has to be a 1 (because there's already a 2 in that column). The others are either a 4 or a 3, and a 3 or a 2. If you can follow this reasoning, you'll understand Futoshiki.

STEP 2

		>	2			
			1			^
5	4	>	3	>	1	2
	^					
	5	4		2/3	>	1
				^		
		5	>	3/4		

LOOK at the middle column. We've got 1, 4 and 5. That leaves 2 and 3. The centre cell can't be a 2 (because there's already a 2 in that row). So, 2 at the top, 3 in the middle. The 3 is 'greater than' the cell to its right, which must be a 1. That leaves us with a 5 and a 4 to place in the middle row. The cell to the left of the 3 is not the biggest in the chain, so that must be the 4. Now you can fill in a 5 in not one but two cells.

STEP 3

	3	>	2			
	2		1		^	
5	4	>	3	>	1	2
3	5		4	2	>	1
2	1	5	>	3/4		

CHECK OUT the 2 at the top. The number next to it is 'greater than' 2 — but it can't be a 4 or a 5 (because they already appear in that column). So it must be a 3... leaving space for a 2 below it, with the 1 at the bottom. And since we have a 2 in the right-hand column, there must be a 2 bottom-left. The cell above that now has to be a 3, confirming the fourth cell along that row as a 2.

STEP 4

1	3	>	2	5	4	
					^	
4	2	1	3	5		
5	4	>	3	>	1	2
	^					
3	5	4	2	>	1	
2	1	5	>	4	3	

NEARLY there now. In the first column, the 1 can only go in the top-left cell, with the 4 below it. The top-right cell can't be a 5 (look at the 'greater than' symbol) so it must be a 4. The 5 goes below it, another 5 next to the 4 in the top row, and a 3 goes bottom right. All you have to do now is fill in the final 3 and 4 in the fourth column.

AND HERE'S TWO TO GET YOU HOOKED

ANSWERS ON PAGE 35

^			^	
			<	
	>		>	
^				
				3

				>	
				^	
	>			<	
				<	
2		>			
	>		<	<	<

CAROL'S TIPS

THERE are no zeroes in Futoshiki. So where you see a 'greater than' sign (>), you know that cell can't contain a 1... because 1 isn't greater than anything. Similarly, a cell with a 'less than' sign (<) can't contain a 5, because 5 is the highest number in the grid. If you're muddling up the two signs, think of the 'greater than' symbol as the open mouth of a hungry crocodile. It wants to eat more, so jaws apart means larger... whichever way it is facing. Look out for chains of these symbols. Cells connected by (>) contain a string of numbers that get progressively smaller — but not necessarily in a simple sequence, so they might be 5, 3, 2, 1 missing a 4.



Picture: MURRAY SANDERS

Bittersweet memories...

QUESTION Nestle is killing off Tooty Frooties — which other favourite childhood sweets have bitten the dust?

SPANGLES are often cited as the older generation's most missed sweet. They were square, boiled sweets with a circular depression in the middle. They came in a variety of fruit-based flavours as well as some odd ones, including butterscotch and liquorice.

When Spangles were introduced by Mars in 1950, sweets in the UK were still on post-war rations. They were a big hit there because they only needed one point from a ration book instead of the two required to buy most confectionery. Despite their popularity, Spangles were discontinued in 1984.

Pacers, originally marketed as Opal Mints, were chewy spearmint sweets that were the sister product to Opal Fruits, today's Starburst. Originally, Pacers were white, but green stripes were later added. They disappeared in the mid-Eighties.

The Texan was a mighty chewy nougat and toffee bar. Discontinued in the Eighties, it was briefly reintroduced by Nestle in 2005 during a wave of confectionery related nostalgia.

I was one of the few people who loved Pyramint. This was a chunky triangle of chocolate filled with mint-flavoured fondant, a bit like a warm mass of After Eights.

Justin Greer, Liverpool.

QUESTION Where are the biggest and deepest caves in Ireland?

THE biggest cave system in Ireland is in Co. Clare, while the deepest cave is to be found beneath the borders of counties Cavan and Fermanagh.

In Co. Clare, the Pollnagollum-Poulelva cave system has at least 16km of passageways, which makes it the largest such system anywhere in Ireland.

These caves are located beneath the Burren, which makes them quite accessible. The system is made up of winding passages, with interconnected streams.

The main entrance to the cave system is through the Pollnagollum entrance. The main stream is a little way inside. At the southern end of the system is the 30-metre deep Poulelva pot.

The entire cave system is only suitable for experienced cavers,



Going, going, gone: Tooty Frooties

ANSWERS TO CORRESPONDENTS

Compiled by Charles Legge

not members of the public. Cavers often make a trip through the system by entering it at the Pollnagollum entrance and leaving it close to the Poulelva Pot.

The first known exploration of this cave took place in 1880 when TJ Westropp, a noted student of antiquities, got as far as the main junction. But the first proper exploration of the entire system wasn't undertaken until 1912.

These caves are still among the

most popular in Ireland with cavers and are often used to teach beginners the ropes. But they're not suitable for people with no caving experience.

Also on the Burren is the Aillwee Cave, which has its entrance into the side of the mountain.

From this entrance, there are spectacular views over the Burren and across Galway Bay. The cave is open to the public all year round and the inside of the cave, which stretches for just under 2km, is easy to traverse, except for people with serious mobility problems.

The deepest cave system in Ireland is Reyfad Pot, far beneath the borders of counties Cavan and Fermanagh; it's 193 metres deep.

Underneath Co. Fermanagh, the Marble Arch Caves are the longest north of the border, stretching for 11.5km, making them the second-longest system in the whole of Ireland. Nearly all these caves on the borders of counties Cavan and Fermanagh are only suitable for experienced cavers. The Marble Arch Caves are the exception and are open to the public.

Altogether, the whole of Ireland has close on 20 major cave systems, but only a few of these are suitable for members of the public.

Joseph Slater, Co. Kilkenny

QUESTION Was the twilight sleep treatment used for pain-free childbirth?

TWILIGHT sleep, using a combination of morphine and scopolamine, a medication used to treat motion sickness and post-operative nausea and vomiting, was a birthing regimen created in 1908 by German obstetricians Carl Guss and Bernhardt Kronin. The method did not eliminate labour pains, but obliterated their memory after birth.

It enjoyed a brief craze in the US when a group of wealthy American women travelled to Germany for their deliveries.

The women established the National Twilight Sleep Association (NTSA), an influential lobby group connecting feminism with access to pain-free childbirth.

The medical profession was castigated for not embracing the German method. When physicians pointed out the procedure was risky and could interfere with the newborn's breathing, the NTSE complained of their 'callous indifference' to women in labour.

The movement was short-lived. By the start of World War I, German ideas were viewed with suspicion.

In 1915, NTSE leading light Charlotte Carmody died during a twilight sleep birth in a US hospital. The high-profile casualty proved the end for the procedure.

Phillipa Knowles, Oxford.

QUESTIONS

Q: Which steam engine holds the speed record: Clun Castle or the A4 Pacific Mallard?
Mike McCusker, Southsea, Hants.

Q: Does Volkswagen sell more sausages than cars?
Jim Cotton, Walsall, W.Mids.

Q: Have any Irish plants or animals been collected to extinction?
Jane Plower, Macclesfield, Cheshire.

QUESTION What's the most unusual way in which a Lotto winner has chosen their numbers?

AMONG the many ways in which people choose numbers that they hope will bag the jackpot for them, surely one of the most unusual would be to use the sequence of numbers of the previous lottery draw. Mathematically, any sequence of numbers will have the same chance as any other.

The draw in the Bulgarian lottery on Sunday, September 6, 2009, resulted in no winners matching the numbers 4, 15, 23, 24, 35 and 42. However, four days later on September 10, these numbers were drawn once more, though in a different order, and 18 people shared the jackpot of €97,743 – €5,430 each.

Although the National Lottery does not comment in any detail on numbers chosen by Irish players, it is believed each draw sees dozens choosing the numbers 1, 2, 3, 4, 5 and 6.

Humans are excellent at spotting apparently meaningful patterns in number sequences. These coincidences will continue to emerge amid the random selections, providing amusement and frustration, depending on what numbers you choose.

Don Trower, Braintree, Essex.

■ IS THERE a question to which you have always wanted to know the answer? Or do you know the answer to a question raised here? Send your questions and answers to: Charles Legge, Answers To Correspondents, Irish Daily Mail, Embassy House, Herbert Park Lane, Ballsbridge, Dublin 4. You can also fax them to 0044 1952 510906 or you can email them to charles.legge@dailymail.ie. A selection will be published but we are not able to enter into individual correspondence.

BRIDGE

North
♠ 106
♥ AKQ965
♦ 5
♣ AJ82

S N
1♣ 2♥
3♣ 4♣
4♦ ?

WHAT would you bid next in the above sequence?

THIS is the next stage of yesterday's bidding sequence. Do not make the mistake of thinking that South is showing a diamond suit by his last bid.

It is possible that he has four cards in the suit, because of the previous auction.

However, his bid is primarily showing a first round control, i.e. an ace or void, and you can safely assume that it is the ♦ A.

It is a useful point to remember, that once a trump suit has been agreed the bid of a new suit is showing controls, not distribution.

You should now bid 4♥, a fairly simple selection in the control-showing process.

PETER DONOVAN

FLAVOUR FIX

CUMIN AND SAGE PORK CHOPS WITH ONIONS

Serves 4

- 3 tbsp cumin
- 2 tbsp dried sage
- 1 tsp cinnamon
- Salt and black pepper
- 1 x 450g pork fillet, sliced
- 2cm thick
- 3 tbsp rapeseed oil
- 2 onions, thinly sliced
- 2 tbsp red wine
- 4 tbsp ketchup
- 2 tsp chilli powder
- 30g butter

To serve:
Roast potatoes, wedges or rice

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6.
- In a small bowl, combine the cumin, sage, cinnamon and some salt and pepper. Remove two teaspoons of the mixture and set aside

for the sauce.

2 Rub the spice mixture into the slices of pork. Set aside for 10-15 minutes before cooking.

3 Heat half of the rapeseed oil in a large ovenproof pan over a medium heat. Sear the pork for two minutes per side until nicely browned, then transfer to the oven for 12-14 minutes or until cooked throughout.

4 Transfer to a plate, tent loosely with foil and allow to rest for 10 minutes.

5 Return the pan to the hob over a medium-high heat and add the remaining rapeseed oil. When hot, cook the onions for 5-6 minutes until they begin to soften, stirring often.

6 Add the wine and allow

to bubble for 2-3 minutes, scraping any sticky bits from the bottom of the pan using a wooden spoon.

7 Turn the heat to medium and stir in the ketchup, chilli powder and reserved spice mixture. Cook for 2-3 minutes, then stir in the butter until melted.

8 Place the pork medallions on serving plates and add a generous dollop of the onions. Serve with roast potatoes, wedges or rice.

Per Serving 523kcal, 32g fat (14.8g saturated), 14.9g carbs (2g sugars), 46.4g protein, 1.7g fibre, 0.387g sodium



In association with EasyFood

find us at
easyfood.ie



LETTERS

Give Tiger a break, Brenda, he deserved this triumph

I FELT Brenda Power's article (Mail, yesterday) on Tiger Wood's behaviour immediately after winning the Masters, a defining moment in his life, was unfair, cruel and one-dimensional.

What was the man supposed to do? Sit around for an hour and play happy families? He had to immediately check in.

We are all well aware of his past misdemeanours and he suffered for them, but give the man a break.

After all he went through, one way or another, several serious operations and chronic ill-health and humiliation, he is an iconic example to anyone who is down and out to reach for the stars, grab a rainbow and achieve your dreams.

Power was also unkind when she exaggerated how cruel he was when he stupidly told the world that his daughter lost a match.

It won't be the first match she'll lose. We all know what it meant to Woods when he won, but any golfer who wins a tournament has only one thought on his mind: getting to the officials office quickly and verifying his score-card.

Well done, Tiger.
JAMES McKEON, Cork.

Stripy successes

THE last two weekends have been very good for stripy creatures, with Tiger Roll winning the Aintree Grand National and Tiger Woods rolling back the years with victory in the US Masters golf event.

A recent letter to the Irish Daily

Straight to the POINT

■ **LIKE** Joan Collins, a vanity mirror caused a fire in my home. Concave mirrors should be sold with a warning sticker.

M. J. PRITCHARD, by email.

■ **I SUPPOSE** in the coming days we can expect someone to identify a quatrain of Nostradamus that predicted the destruction of Notre Dame Cathedral.

MIKE ROYCROFT, Nenagh, Co. Tipperary.

■ **WITH** MPs on holiday, it's a good time to change the locks on the Houses of Parliament.

PETE DICKERSON, Isle of Wight.

■ **A RADIO** commentator said in regard to president Trump's response to his knowledge of Wikileaks that he might be 'acting dumb'. Acting?

DENNIS FITZGERALD, Melbourne, Australia.

Mail was less than complimentary to dual Grand National winner Tiger Roll (letters, April 11).

While recognising that Red Rum's record in the famous race – three wins and two second places – was more impressive, the two successes by the Gordon Elliott-trained horse is still a laudable achievement and he is obviously a very good horse.

Also, it was an emotional experience to see Tiger Woods bouncing back to the top after some difficult years.

And veteran golf commentator Peter Alliss deserves praise, with the remarkable man still going strong at 88 years of age.

LIAM WILSON, Wexford.

No to divorce changes

IN the upcoming referendum we

will be asked to facilitate more liberal divorce laws.

We will also be asked to pave the way for the recognition of divorces granted abroad.

We already have too many victims of shattered households in our country.

Those of us who are involved with homeless services, youth support or societies like St Vincent de Paul, are all too aware of the heartache and confusion caused by divorce and the fragmentation of families.

Every marriage worthy of the name has to try to withstand the storms of life; it is more than just a fair weather relationship.

My family and I will be voting No.

EAEMON FITZPATRICK, Strandhill Road, Sligo.

Rural Ireland ignored

THE opening of a new post office in urban Castleknock in Dublin by our Taoiseach, in his own constituency, sends out a clear message to rural Ireland.

After sanctioning the closure of over 150 rural post offices in recent times, the closure of countless Garda stations, the shutting down of vital public transport services, and the rural broadband mess, the political message is simple: we are not promoting rural Ireland as a place to live.

Gurteen, a beautiful rural village in south Sligo, was forced to close its post office in February, even though it met all of An Post's criteria to trade and remain open.

Where were our political leaders on that occasion? Enough said.

TOM TOWEY, Cloonacool, Co. Sligo.

Remember Rising Damp

IN the list of the all-time greatest British comedy sitcoms, I was astounded that no mention was made of the fabulous Rising Damp.

The 28 episodes of this ITV show, written by Eric Chappell and aired between 1974 and 1978, were recorded at Yorkshire Television in Leeds. It's still hilarious today,

albeit not as politically correct in these modern times as one would hope for.

The starring role went to the genius of comic timing, Leonard Rossiter. His interpretation of the landlord of not-so-salubrious bedsits was a joy to behold.

Despite the peeling wallpaper and tacky furniture, Rigsby thought his rooms were on a par with the Hilton.

In his battered cardigans and trousers shiny with age, he was in his element imparting his knowledge on any given subject, particularly his expertise with the female gender, to the hapless Alan (Richard Beckinsale).

Another male tenant Philip (Don Warrington) was well-educated and revelled in winding up his landlord. Rigsby tried hard to win the heart of his tenant Miss Jones (Frances de la Tour), but with no luck.

The casting was fabulous, the background research was meticulous, and the writing was some of the best on TV, then and now. Even Rigsby's cat Vienna had a starring role.

It was cleverly written and acted, providing us with a useful piece of social history. It is still my favourite comedy show.

Mrs JANET E. LITTLEWOOD, Worcestershire.

What do YOU think?

The Irish Daily Mail aims to have the most informative, intelligent and entertaining letters page in Ireland but we need your help. Contributors should also provide a daytime number (for verification only, not publication). Otherwise publication cannot be guaranteed. Please write to us at: Irish Daily Mail, Embassy House, Herbert Park Lane, Dublin 4 or email us at letters@dailydailymail.ie






Join

eARTH'S edge™

on the 2020

"Ireland's Call to Kilimanjaro"

in aid of our seriously injured rugby players

For more information on this experience of a lifetime, please call Earth's Edge on 01 532 0869, email info@earth-s-edge.com or visit www.earth-s-edge.com/irfu-kilimanjaro

www.irfucharitabletrust.com



Kindly supported by



MODERN SHOPPING
Supermarket Secrets, 8pm, BBC1

JUST like TV, our shopping is increasingly available 'on demand'. This episode looks at how retailers are responding to this trend. From the robots picking online orders, to the farm growing hundreds of millions of lettuces to meet consumers' needs for year-round salad. Also, how checkout queues could be a thing of the past.

VIEW FROM ABOVE
Earth From Space, 9pm, BBC1

THIS stunning new series provides an awe-inspiring new perspective on the natural world – and the threats it faces. Satellite cameras in space give conservationists access to some of the world's most remote, hostile environments. From Africa to Antarctica, clues spotted from space lead to extraordinary discoveries.



PICK OF THE DAY
CHIMERICA, 9PM, CH4

THIS gripping four-part thriller opens in 1989 in Beijing, China, where a plucky American teenager captures images of the protests in Tiananmen Square – and the famous scene of a lone man defying the tanks that rolled towards him. Almost three decades later, that plucky American teen is now a jaded

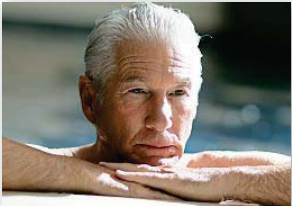
photojournalist (Alessandro Nivola, pictured), whose career is in tatters. Can finding the 'Tank Man' alive save his reputation? Based on a play by Lucy Kirkwood, and with Sophie Okonedo, Cherry Jones and F. Murray Abraham among the supporting cast, this story of personal redemption plays out on a grand, international political stage.



POWER BROKER

MotherFatherSon, 9pm, BBC2

THE prime minister's son is dead and the country is tearing itself apart as we reach the penultimate part of Tom Rob



Smith's slow-burning drama. And, at the centre of it all is manipulative media mogul Max (Richard Gere, pictured), who is under attack from all sides, but showing no signs of cracking just yet.

COUNTRY CHEER
Glór Tíre: Rogha & Togha, 9pm, TG4

THE series that celebrates the best in country music is back for a three-episode run. Performers taking to the stage this time include Johnny Brady, Patrick Feeney, Mike Denver, Shawn Cuddy, The Sheerin Family and Cliona Hagan.

	RTÉ ONE	RTÉ2	VIRGIN MEDIA ONE	VIRGIN MEDIA TWO
	<p>6.00 EuroNews 7.35 Teleshopping (HD) 8.10 Today with Maura and Daithi (R,HD) 10.05 The Ellen DeGeneres Show (R,HD) Elizabeth Banks chats about <i>The Lego Movie 2: The Second Part</i> and singer Pink discusses her Beautiful Trauma world tour; Weather 11.00 Dr Phil Guests tell Dr Phil McGraw about their problems; Weather 11.55 Shortland Street (HD) 12.25 Doctors (AD,HD) Ayesha bumps into an old school friend at the Mill and grows increasingly concerned about her behaviour. 1.00 RTÉ News: One O'Clock; Weather (HD) 1.30 Home and Away (HD) Dean breaks into the mailbox to retrieve the letter. 2.00 Neighbours (HD) Mark launches an investigation into the driver who almost killed Susan and Imogen. 2.25 EastEnders (AD,R) Kathy is surprised to learn Lola's news, while Mel tries to impress Jack with breakfast. 3.00 Fair City (R,HD) Dearbhla and Tommy receive a surprise visitor. 3.30 Today with Maura and Daithi (HD) Daily magazine show featuring entertainment and celebrity news and consumer advice. Presented by Daithi Ó Sé and Maura Derrane. 5.40 Nuacht; RTÉ News with Signing and European Weather (BSL) 6.00 The Angelus (R,HD) 6.01 RTÉ News: Six One; Weather (HD)</p>	<p>6.00 EuroNews 7.00 Living with a Fairy (AD,R,HD) 7.05 Bing (R) 7.15 Bing (R) 7.20 Peek Zoo (AD,R,HD) 7.30 Everything's Rosie (R) 7.40 Dream Street (R,HD) 7.50 Dream Street (R,HD) 8.00 Curious George (HD) 8.25 Matt Hatter Chronicles (R,HD) 8.50 Pig Goat Banana Cricket (HD) 9.15 Jamie Johnson (R,HD) 9.45 Horrible Histories 10.20 Deadly Top 10 (R,HD) 10.50 Free Willy 2: The Adventure Home (1995) (U) ● Two half-brothers help save the friendly whale and his pod from the danger of oil spilling from a crippled tanker. Family adventure, starring Jason James Richter. 12.35 Pig Goat Banana Cricket (R,HD) 1.00 Scooby-Doo! Mystery Incorporated (R) Spooky goings-on in Crystal Cove. 1.25 Teen Titans Go! (R,HD) 1.50 Matt Hatter Chronicles (R) 2.15 Strange Hill High (R,HD) 2.40 The Next Step (R,HD) 3.05 The Bagel and Becky Show (R,HD) 3.20 Austin & Ally (HD) 3.45 Cornell and Bernie (R) 4.00 The Ellen DeGeneres Show (HD) The host welcomes Melissa McCarthy and Richard E. Grant. 5.00 The Simpsons (R,HD) Homer takes Bart and Lisa to a rock festival. 5.30 The Simpsons (R,HD) Last in series. 6.00 Neighbours (R,HD) Mark launches an investigation into the driver who almost killed Susan and Imogen. 6.30 Home and Away (R,HD) Dean breaks into the mailbox to retrieve the letter.</p>	<p>6.10 The Tonight Show (R,HD) Matt Cooper and Ivan Yates give their take on the day's stories. 7.00 Ireland AM (HD) Magazine programme featuring health, politics and education reports, entertainment news and interviews. 10.30 This Morning (HD) Another mix of celebrity chat, lifestyle features, advice and competitions. 12.30 News at 12.30 (HD) 1.00 The Chase (HD) Quiz show, hosted by Bradley Walsh. 2.00 The Chase (R,HD) 3.00 Elaine (HD) Elaine Crowley hosts another topical discussion, with a guest panel joining in the debate and an opportunity for viewers to provide their own feedback. 4.00 Lazy Chef (R) Simon Lamont explores Co Galway, an area well known for its vegetable crops. He uses the opportunity to showcase his vegetarian platter, and prepares a 'lazy' chicken pasta dish. 4.30 Judge Judy (HD) Real-life small-claims cases on issues affecting family life, presided over by outspoken former New York judge Judy Sheindlin. 5.00 Judge Judy (HD) 5.30 News at 5.30 (HD) 6.00 The Six O'Clock Show (HD) Chat show, featuring celebrity interviews, sampling food from leading chefs and guidance on a wide range of topics.</p>	<p>7.20 Big Star's Little Star With Ben Cohen, Denise Lewis and Neil Ruddock. 8.20 Tipping Point (HD) Game show, hosted by Ben Shephard. 9.20 The Jeremy Kyle Show (HD) 10.25 The Jeremy Kyle Show (HD) 11.30 Ireland AM (HD) Magazine programme featuring health, politics, education and showbiz news and interviews, with Mark Cagney, Alan Hughes and Ciara Doherty. 12.30 Loose Women (HD) Topical debate from a female perspective. 1.30 Bondi Rescue (HD) Mastering the art of the rescue take years. Trainee Tommy learns a valuable lesson when he completes one of the funniest rescues of the season. 2.00 Emmerdale (HD) Aaron and Robert are given hope, David offers Jacob respite, and Victoria and Moira are forced together. 2.30 Emmerdale (HD) Faith's attempt to help goes awry, and an incident leaves Harriet terrified. 3.00 Xposé (HD) A round-up of stories from the world of showbusiness, covering everything from film premieres and awards ceremonies to concerts and fashion shows. 4.00 Tipping Point (HD) Game show, hosted by Ben Shephard. 5.00 Tipping Point (HD) 6.00 The Chase (HD) Quiz show, hosted by Bradley Walsh.</p>
7 PM	<p>7.00 Nationwide (HD) 7.30 Desperate Houses (R,HD) The team declutters a mid-terrace three-bedroom home in Leixlip, Co. Kildare. (Followed by Lotto)</p>	<p>7.00 The Big Bang Theory (R,HD) The gang treat themselves to a Sheldon-free weekend. 7.25 Saving Lives at Sea (HD) When a climber falls in a cave on the Gower Peninsula, the Mumbles crew are called in to search and rescue.</p>	<p>7.00 Emmerdale (HD) Priya feels pushed out by Aiesha, and Harriet makes another disturbing discovery. 7.30 Coronation Street (HD) Chesney and Gemma's caravan holiday starts badly, and Gary meets a familiar face on his first day collecting debts.</p>	<p>7.00 The Chase (HD) Bradley Walsh presents as Jules, Hayley, Sarah and Carl answer general knowledge questions and work as a team to take on quiz genius the Chaser and secure a cash prize.</p>
8 PM	<p>8.00 Fair City (HD) Tommy unearths the truth about Zak, and Sash starts to panic when it dawns upon her what she has signed up for. 8.30 Grow, Cook, Eat (HD) Karen O'Donohoe visits a new festival in Portlawn, Co. Waterford.</p>	<p>8.35 Grand Designs: House of the Year (HD) New series. Kevin McCloud presents a series exploring Britain's contemporary and cutting-edge homes, all of which are in the running for the Riba House of the Year Award 2015.</p>	<p>8.00 News at 8 (HD) 8.30 Coronation Street (HD) Sarah fears Gary will be implicated in the roof sabotage, and Chesney catches Gemma fleeing Joseph at poker. Elsewhere, Nick diverts the police's attention from his crime.</p>	<p>8.00 Renovation Nation A team of renovation professionals oversees 300 volunteers as they overhaul an old orchard within the grounds of the Daughters of Charity Disability Services in Limerick.</p>
9 PM	<p>9.00 RTÉ News: Nine O'Clock (HD) (Followed by Weather) 9.35 Brendan O'Connor's Cutting Edge The TV personality and panellists Mike Ross, Mairead Ronan and Niamh Horan take an entertaining look at the week's news.</p>	<p>9.35 Killing Eve (HD) Carolyn introduces Eve to her new team before Eve briefs them on the Villanelle case. Meanwhile, Villanelle finds someone to take care of her while she recovers. Spy thriller, starring Sandra Oh and Jodie Comer.</p>	<p>9.00 Doctor in the House (HD) Health professionals offer advice to Peter and Catherine in Cloyne, County Cork, who seek advice to help them change their eating and drinking habits.</p>	<p>9.00 Locked Up: Strangeways Prison The programme looks at how the prison has changed since the infamous riots in 1990, when inmates protested against an outdated system and inhumane conditions. Last in series.</p>
10 PM	<p>10.35 All Round to Mrs Brown's (R,HD) Agnes and the family are joined by sports presenter Clare Balding, comedian Johnny Vegas, and <i>Made in Chelsea</i> stars Jamie Laing and Spencer Matthews.</p>	<p>10.30 Stacey Dooley Investigates: Shot By My Neighbour (HD) The presenter meets some of the people in Northern Ireland who are shot in the legs or assaulted by vigilante armed groups from their own neighbourhoods.</p>	<p>10.00 UEFA Champions League Highlights (HD) Action from the concluding quarter-final second-leg ties, featuring FC Porto v Liverpool and Manchester City v Tottenham Hotspur.</p>	<p>10.00 News on Two (HD) 10.30 Coronation Street (HD) Gary meets a familiar face on his first day collecting debts, and Chesney and Gemma's caravan holiday starts badly. Meanwhile, Michelle lashes out at Robert.</p>
11 PM	<p>11.45 In the Club (HD) Roanna is struggling to find a new job, so she reluctantly turns to Ray for help, while Vicky tries to divide her hours between baby Ben and full time work. (Followed by Weather)</p>	<p>11.25 Home from Home (HD) Neil leads his family and friends on a perilous mountain walk, and he and Penny soon become separated from the others. Sitcom, starring Johnny Vegas and Emilia Fox. (Followed by World Forecast)</p>	<p>11.00 The Tonight Show (HD) Matt Cooper and Ivan Yates give their take on the day's stories with a panel of guests from the worlds of politics, comedy and sport.</p>	<p>11.00 Coronation Street (HD) Sarah fears Gary will be implicated in the roof sabotage. 11.30 Emmerdale (HD) Moira oversteps the mark, Priya feels pushed out by Aiesha, and Harriet makes another disturbing discovery.</p>
12 MNT	<p>12.55 Creedon's Road Less Travelled (BSL,R,HD) 1.55 Ireland's Fittest Family (BSL,R,HD) 2.50 Operation Transformation (BSL,R,HD) 3.45 Say Yes to the Dress (BSL,R,HD) 4.10 Daniel and Majella's B&B Road Trip (BSL,R,HD) 4.40 Getaways (BSL,R,HD) 5.05 At Your Service (BSL,R,HD) 5.35 EuroNews</p>	<p>12.05 The Handmaid's Tale (R,HD) 1.15 Elementary (R,HD) 2.05 Lethal Weapon (R,HD) 2.55 EuroNews</p>	<p>12.00 The Moorside (R,HD) Part two of two. The community attempts to discover the truth. 1.15 Trauma (R,HD) 2.15 Close 5.25 The Six O'Clock Show (R,HD)</p>	<p>12.00 Ibiza Weekender (HD) British tourists go on their first parent-free excursion abroad. 1.00 Ibiza Weekender (HD) Ben's non-stop party attitude raises tensions within the team. 2.00 Close</p>

VIGILANTE VICTIMS
Stacey Dooley Investigates: Shot By My Neighbour, 10.30pm, RTE2

STACEY is on much more serious ground as she travels to Northern Ireland to meet people who've been assaulted by vigilantes.

FILM CHOICES
Unleashing Mr Darcy, 11.50pm, TG4

CINDY Busby and Ryan Paevey play a spaniel owner and the dog-show judge she takes an instant dislike to in this reworking of Jane Austen's Pride And Prejudice.

Love, Rosie, 1.05am, Ch4

ROMCOM starring Lily Collins (pictured) and Sam Claflin as best pals Rosie and Alex, who are clearly meant for each other, but who take their time to realise it. As the missed opportunities to get together pile up, they both get involved with other people.



RADIO CHOICE

RTÉ RADIO 1 FM: 89.4MHZ

5.30 Rising Time. 7.00 Morning Ireland. 9.00 The Ryan Tubridy Show. 10.00 Today with Sean O'Rourke. 12.00 The Ronan Collins Show. 1.00 News at One. 1.45 Liveline. 3.00 The Ray D'Arcy Show. 4.30 Drivetime. Presented by Mary Wilson. 7.00 Arena. Arts, culture and entertainment news. 8.00 The John Creedon Show. The presenter introduces a mix of contemporary, Irish and international tracks. 10.00 The Late Debate. 11.00 Late Date.

RTÉ 2FM FM: 91.7MHZ

6.00 Breakfast Republic. 10.00 Louise McSharry. 1.00 Tracy Clifford. 4.00 The Eoghan McDermott Show. 7.00 Game On. 8.00 Night Time on 2FM. 10.00 Dan Hegarty – The Alternative. 12.00 2FM Overnight.

RTÉ LYRIC FM FM: 97.5MHZ

7.00 Marty in the Morning. 10.00 Niall Carroll's Classical Daytime. 1.00 The Full Score with Liz Nolan. 4.00 Lorcan Murray's Classic Drive. 7.02 Mystery Train with John Kelly. The wonders of recorded music. 9.00 The Blue of the Night with Bernard Clarke. 12.00 Lyric Through the Night.

RTÉ RNAG FM: 93.9MHZ

7.00 Nead Na Fuisseoige. 8.00 Adhmhaidin. 9.00 Priomhscealta na Nuacht. 9.15 Iris Aniar. 10.15 Sinead ar Maidin. 11.00 Barrscea. 12.00 Priomhscealta na Nuacht. 12.08 An Saol o Dheas. 1.00 Nuacht a hAon. 2.00 Ardtrathnona. Chat show. 3.00 Binneas Beil. 5.00 Tus Aite. 5.55 Tuairisc Spóirt. Sports report. 6.00 Nuacht a Se. News at Six. 6.30 Fograí an Lae. Community notices. 7.00 Ceol Binn o na Beanna. 9.00 RiRa ar RnaG. 10.00 An Taobh Tuathail. 12.00 Scoth na Ceadaoine.

TODAY FM FM: 100.4MHZ

5.00 Pamela Joyce. 7.00 Ian Dempsey's Breakfast Show. 9.00 Dermot and Dave. 12.00 Muireann O'Connell. 2.00 Fergal D'Arcy. 4.30 The Last Word. 7.00 Lost in Music. 9.00 Paul McLoone. 12.00 Overnight Music.

NEWTALK 106-108 FM FM: 106-108MHZ

6.30 Business Breakfast. 7.00 Breakfast. 9.00 The Pat Kenny Show. 12.00

Lunchtime Live. 2.00 Moncrieff. With Sean Moncrieff. 4.00 The Hard Shoulder with Ivan Yates. Drivetime talk show. 7.00 Off the Ball. Sports reports and discussion. 10.00 The Tom Dunne Show. 12.00 The Best of Newstalk.

CLASSIC HITS 4FM FM 94-104MHZ

6.00 PJ and Jim. 10.00 Nikki Hayes. 12.00 Niall Boylan. 2.00 Damian Farrelly. 7.00 90s at Nite. 9.00 Niall Boylan at Night. 1.00 Non-stop Club Classics.

BBC RADIO 4 FM: 92.4-94.6MHZ; LW: 198KHZ

5.30 News Briefing. 5.43 Prayer for the Day. 5.45 Farming Today. 5.58 Tweet of the Day. 6.00 Today. 9.00 New Ways of Seeing. 9.30 The Curious Cases of Rutherford & Fry. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: Michael Tippett: The Biography. 10.00 Woman's Hour. 10.55 The Listening Project. 11.00 My Name Is. 11.30 Ability. 12.00 News; (LW) Shipping Forecast.

BBC1	BBC2	CHANNEL 4	TG4	UTV
6.00 Breakfast (HD) 9.15 Animal Park Easter Special (R,HD) 10.00 Homes Under the Hammer (R,HD) Property show. 11.00 The Sheriffs Are Coming (R,HD) The sheriffs visit an insurance company. 11.45 Close Calls: On Camera (HD) 12.15 Bargain Hunt (AD,R,HD) From Newbury Racecourse. 1.00 BBC News at One; Weather (HD) 1.30 BBC Newsline; Weather (HD) 1.45 Doctors (AD,HD) Karen finds herself taking on more than expected in her VPAS visits. 2.15 Curiosity (HD) 3.00 Escape to the Country (AD,R,HD) A couple look for a property in the East Midlands. 3.45 Home Is Where the Art Is (AD,HD) Nick Knowles challenges three artists in Cheshire to create a piece for a mystery buyer. 4.30 The Repair Shop (HD) The team restore a hand-carved model Spitfire. 5.15 Pointless (HD) Quiz show. 6.00 BBC News at Six; Weather (HD) 6.30 BBC Newsline; Weather (HD) 6.55 Party Election Broadcast (R) By UK Independence Party Northern Ireland.	6.30 The Repair Shop (R,HD) 7.15 Home Is Where the Art Is (R,HD) 8.00 Mary Berry's Quick Cooking (AD,BSL,R) 8.30 Gardeners' World (BSL,R) 9.00 BBC News at 9 (HD) 10.00 Victoria Derbyshire (HD) 10.00 BBC Newsroom Live (HD) The latest breaking news. 1.00 The Boss (R,HD) Quiz show, hosted by Susan Calman. 1.45 Back in Time for Dinner (AD,R,HD) The family get to grips with the home life of the 1970s. 2.45 Back in Time for Dinner (AD,R,HD) The food of the 1980s. 3.45 The Hairy Builder (AD,R,HD) Dave Myers helps restore an art deco monastery building in North Yorkshire. 4.15 The Hairy Builder (AD,R,HD) Dave Myers visits Friars Mill in Leicestershire. 4.45 Eggheads (R,HD) Quiz show, hosted by Jeremy Vine. 5.15 Flog It! (R,HD) The team visits Gloucester Cathedral. 6.00 Richard Osman's House of Games (R,HD) With Beattie Edmondson, Amol Rajan, Gabby Roslin and Hugh Dennis. 6.30 Island Medics (R,HD) Behind the scenes at the Gilbert Bain Hospital in Lerwick.	6.25 Cheers (R,HD) 6.55 Cheers (R,HD) 7.20 Cheers (R,HD) 7.45 Frasier (R) 8.10 Frasier (R) 8.40 Frasier (R) 9.10 Everybody Loves Raymond (R) 9.40 Everybody Loves Raymond (R) 10.10 Ramsay's Kitchen Nightmares USA (R) An Irish pub in New York. 11.05 Car SOS (AD,R,HD) 12.00 Channel 4 News Summary (HD) 12.05 Come Dine with Me (R,HD) 1.05 Escape to the Chateau: DIY (AD,R,HD) Paul and Karen rent out their chateau. 2.10 Countdown (HD) With Paul Zenon in Dictionary Corner. 3.00 A Place in the Sun (R,HD) Jonnie Irwin helps a Hull man find his dream property in Huelva, Spain. 4.00 A New Life in the Sun (HD) A bistro in Spain welcomes a very special guest. 5.00 Four in a Bed (HD) The third visit of the week takes place at The Black Boy Hotel in Sudbury. 5.30 Extreme Cake Makers (HD) Bakers Phil and Christine take on a very unusual commission. 6.00 The Simpsons (AD,R) Lisa gets her own television show. 6.30 Hollyoaks (AD,R,HD) Kyle finds out that Nancy has been snooping on his laptop.	7.00 Cula 4 7.02 Mofy (R,HD) 7.07 Mofy (R,HD) 7.13 Balloon Barnyard (R,HD) 7.20 Olobob Top (R,HD) 7.25 Tractor Tom (R) 7.35 Kid-E-Cats (R,HD) 7.40 Kid-E-Cats (R,HD) 7.45 School of Roars (R,HD) 7.52 Olly an Veain Bheag Bhán (R) 7.57 Olly an Veain Bheag Bhán (R) 8.03 Dot (R,HD) 8.15 The Furchester Hotel (R,HD) 8.26 Maya an Bheachin (R,HD) 8.40 Bubú & na hUlchabháin Bheaga (R,HD) 8.51 Masha agus an Bear (R,HD) 8.58 Kazoops (R,HD) 9.05 Zou (R,HD) 9.16 Ár Scéal (R,HD) 9.30 Ainmhi 999 (HD) 10.00 Little House on the Prairie (R) 10.55 Gilmore Girls (R,HD) 11.45 Cheese Slices (R,HD) 12.15 Logainm (R,HD) 12.45 Garraí Glas (R) 1.15 The West Wing (R,HD) 2.05 Weakest Link (R,HD) 3.00 Cula 4 na nÓg 3.02 Is Mise (HD) 3.13 Kazoops (R,HD) 3.20 Bubú & na hUlchabháin Bheaga (R,HD) 3.31 Cat a' Hata (R,HD) 4.00 Cula 4 4.02 Alvinnn!! and the Chipmunks (R,HD) 4.13 Dónall Dána (HD) 4.24 Angelo Rules (R,HD) 4.35 Harvey Beaks (R,HD) 5.00 Whiz Sa Chistin (HD); An Aimsir Láithreach (HD) 5.30 Irish Paint Magic (R,HD) David Willis paints Ardnakinna Lighthouse, on the Beara Peninsula in West Cork. 6.00 Weakest Link (R,HD) 6.57 An Aimsir Láithreach (HD)	6.00 Good Morning Britain (HD) 8.30 Lorraine (HD) 9.25 The Jeremy Kyle Show (R,HD) 10.30 This Morning (HD) 12.30 Loose Women (HD) 1.30 News; Weather (HD) 1.55 UTV Live; Weather (HD) 2.00 Judge Rinder (HD) 3.00 Tenable (R,HD); UTV Weather 4.00 Tipping Point (HD) 5.00 The Chase (HD) 6.00 UTV Live; Weather (HD) 6.25 Party Election Broadcast (HD) 6.30 News; Weather (HD) 7.00 Emmerdale (AD,HD) Harriet makes another disturbing discovery. 7.30 Coronation Street (AD,HD) Gary meets a familiar face on his first day collecting debts. 8.00 Britain's Brightest Family (HD) Two families compete in the third round of the quarter-finals. 8.30 Coronation Street (AD,HD) Sarah fears Gary will be implicated in the roof sabotage. 9.00 The Bay (AD,HD) A confession to Lisa shines a possible new light on Dylan's killer. Meanwhile, Abbie has a terrifying experience with some local addicts. 10.00 News; Weather (HD) 10.30 UTV Live; Weather (HD) 10.45 Heathrow: Britain's Busiest Airport (AD,R,HD) Terminal 5 receives a very special visitor. 11.10 La Liga Highlights (HD) A round-up of the latest matches in the Spanish top-flight, including Huesca v Barcelona and Atletico Madrid v Celta Vigo. 12.10 British Touring Car Championship Highlights (HD) 1.25 The Chase (R,HD) 2.15 ITV Nightscreen (HD) 3.00 Lethal Weapon (AD,BSL,R,HD) 3.45 ITV Nightscreen (HD) 5.05 The Jeremy Kyle Show (BSL,R,HD)
8.00 Supermarket Secrets (AD,HD) Examining how supermarkets are fighting to bring consumers their food on demand.	8.00 Great British Menu (HD) Gordon Jones, Lorna McNee and Ben Reade make their way to the kitchen for the Scotland heats, preparing their starters and fish courses.	8.00 Location, Location, Location (HD) New series. Kirstie Allsopp helps couple Rachael and Mark in Woking search for a new home, while Phil heads to Guildford to assist Indu and Jason in their property search.	8.30 Ar Shlí na Fírinne (R,HD) Séamas Mac Annaidh explores the social and cultural history of Ireland through the country's graveyards, beginning with the complicated past of Belfast.	
9.00 Earth from Space (AD,HD) New series. Cameras in space tell stories of life on our planet from a brand new perspective, to reveal new discoveries and explore remote habitats.	9.00 MotherFatherSon (AD,HD) Max finds himself under the spotlight, and Kathryn must decide whether to make a huge sacrifice for the sake of exposing the truth and destroying Max's empire.	9.00 Chimerica (AD,HD) New series. Powerful four-part drama series about an American photojournalist accused of doctoring one of his award-winning photographs. Starring Alessandro Nivola.	9.00 Glór Tíre: Rogha & Togha (HD) New series. With Johnny Brady, Patrick Feeney, Mike Denver and Shawn Cuddy. 9.30 Scéal na Beatha Following Seosamh Ó Conchúir through his last days in a hospice.	
10.00 BBC News at Ten (HD) 10.25 BBC Newsline (HD) (Followed by Weather; National Lottery Update) 10.35 Glow Up: Britain's Next Make-Up Star (HD)	10.00 Island of Dreams (R,HD) One-off comedy, starring Harry Enfield, Samantha Spiro and Morgana Robinson. 10.30 Newsnight (HD) (Followed by Weather)	10.00 Gogglebox (AD,R,HD) Capturing the households' reactions to programmes including Our Planet, This Morning, Britain's Got Talent, Line of Duty, Blind Date, and 24 Hours in Police Custody.	10.30 The Sinner (HD) Cora delves into her past to recover her lost memories. (Followed by An Aimsir Láithreach) 11.20 Bóthar Buck (R,HD) Rossa Ó Snodaigh travels through Turkey, Crete and Israel.	
11.35 A Question of Sport (R,HD) A round-up of the best moments from the latest series of the quiz, with celebrity guests joining team captains Matt Dawson and Phil Tufnell.	11.15 Stephen: The Murder That Changed a Nation (AD,R,HD) Documentary examining the death of Stephen Lawrence, beginning with events leading up to his murder and the ensuing police investigation.	11.05 First Dates (AD,R,HD) Return of the restaurant-based dating show, hosted by Fred Sirieix. Participants include energetic 32-year-old owl sanctuary volunteer Krystal.	11.50 Unleashing Mr Darcy (2016) (PG) A modern take on Pride and Prejudice, starring Cindy Busby, Ryan Paevey, Frances Fisher, Elizabeth McLaughlin and Tammy Gillis.	
12.05 Celebrity Painting Challenge (AD,R,HD) 1.05 Weather for the Week Ahead (HD) 1.10 BBC News (HD)	12.15 DIY SOS: The Big Build (AD,BSL,R,HD) The team transforms the home of a family in Hesse, East Yorkshire. 1.15 Race Across the World (AD,BSL,R,HD) 2.15 This Is BBC2	12.10 The Great British School Swap (AD,R,HD) 1.05 FILM: Love, Rosie (2014) (15) (AD,BSL,HD) 2.50 Coast vs Country (R,HD) 3.45 French Collection (R,HD) 4.35 Kirstie's Handmade Treasures (R,HD) 4.55 The £100k Drop (R,HD) 5.50 Countdown (R,HD)	1.25 Dáil Éireann Coverage of recent political proceedings. 1.50 France 24 5.30 France 24	

12.04 Adrian Mole and the Weapons of Mass Destruction. 12.18 You and Yours. 12.57 Weather. 1.00 The World at One. 1.45 One to One. 2.00 The Archers. 2.15 Drama: Death at the Airport: The Plot Against Kim Jong-nam. By Nick Perry. 3.00 Money Box Live. 3.30 In Their Element. Sophie Scott on why sodium powers everything we do. 4.00 Thinking Allowed. 4.30 The Media Show. 5.00 PM; (LW) Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.30 Fags, Mags and Bags. Malcolm announces she wishes to become a foster carer. 7.00 The Archers. Russ comes to a decision. 7.15 Front Row. Arts programme. 7.45 The Citadel. 8.00 FutureProofing. How the home will be disrupted and transformed by radical technological change. 8.45 Lent Talks. Alison Cope on a mother's grief. Last in series. 9.00 Costing the Earth. 9.30 New Ways of Seeing. 9.59 Weather. 10.00 The World Tonight. 10.45 Book at Bedtime: Adrian Mole and the Weapons of Mass Destruction. 11.00 Bunk Bed. 11.15 Kieran Hodgson's Earworms. 11.30 The Untold. 12.00 News and Weather. 12.30 Book of the Week: Michael Tippett: The Biography. 12.48 Shipping Forecast. 1.00 As BBC World Service.

VIRGIN MEDIA THREE

6.00 Teletubbies 6.30 Bob the Builder: Project Build It (R,HD) 7.00 In the Night Garden (R,HD) 7.30 The Adventures of Paddington Bear 8.00 The Sparticle Mystery (R) 8.30 Total Drama Action (R) 9.00 Elaine (R,HD) 10.00 Dress to Impress (R,HD) 11.00 Dress to Impress (R,HD) 12.00 The Jeremy Kyle Show USA (HD) 1.00 Nanny 911 (R) 2.00 Judge Rinder (HD) 3.00 Judge Rinder (HD) 4.00 The Royal (R) 5.00 Long Lost Family Australia (R,HD) 6.00 Heartbeat (R) 7.00 Jeremy Kyle's Emergency Room (R,HD) The talk show host turns his attention to helping people overcome medical issues. 8.00 Hell's Kitchen Australia (HD) Australian version of the cooking reality competition. Hosted by Marco Pierre White. 9.15 Bull (R,HD) A young girl hires Bull to help her 'divorce' her parents ahead of Christmas, but mild amusement gives way to serious misgivings when a judge appoints him as her legal guardian. 10.15 Law & Order: Special Victims Unit (R,HD) When an infant goes missing, detectives take sides in the family's right-to-die court case and Barba's interference in the case puts the whole DA's office in jeopardy. 11.15 Victoria (R,HD) The young monarch visits the decadent court of her French counterpart, King Louis Philippe. Jenna Coleman stars. 12.15 Sun, Sex and Suspicious Parents: Thailand (R,HD) 1.30 Bigheads (R) 2.30 Elaine (R,HD) 3.20 Close

CRICKET

Kent v Hampshire, 12.30pm, Sky Cricket & Main Event

COVERAGE of the One Day Cup starts with a rerun of 2018's final, when Rilee Rossouw's 125 helped Hampshire to the title.

FAIRYTALE FANTASY

Lu Over The Wall, 3.20pm, Sky Premiere

JAPANESE animation about a young boy called Kai who befriends Lu, a 'ningyo' or mermaid. Lu joins his band and helps him to find his feet in warm, fluffy style.

SOCCER

Manchester City v Tottenham Hotspur, 7pm, BT Sport 2

IN THE second of three meetings between the sides in 11 days, Spurs take a 1-0 advantage to the Etihad as they try to reach their first Champions League semi-final. Porto v Liverpool is on BT Sport 3.

FUNNY FILM

The Festival, Amazon Prime

THE Inbetweeners' Joe Thomas stars in a knockabout comedy that has the same tone as the hit sitcom and follows Nick (Thomas) to a festival as he tries to get over a break-up.

ON THE STREETS Rich Kids Go Homeless, 9pm, 5Star

SELF-MADE man Kieren is just 23 years old and is determined to prove that all the



Satellite choice

homeless need to get off the streets is a bit of entrepreneurial zeal. In this new series, he spends three nights sleeping rough in London, but his money-making plans don't survive his first contact with reality.

GOOD AS NEW

Salvage Hunters: The Restorers, 9pm, Quest

A NEW series with Drew Pritchard and the experts who restore the curios he finds. Here, master leather worker Martin endeavours to restore a Victorian dentist's chair, which looks like something out of a horror film – but could fetch four times what Drew paid for it after a restoration.

HISTORIC ENCOUNTER Urban Myths, 9pm, Sky Arts

SKY'S comedy has a lot of fun dramatising the time Donald Trump invited the artist Andy Warhol to judge a cheerleading contest. Anthony Atamanuik is merciless in his portrayal of Trump, who disgusts all around him – but only

Warhol (Jack McBrayer, pictured with Atamanuik) calls the tycoon out on his behaviour.

UFO SECRETS

Project Blue Book, 9pm, Syfy

IN THIS atmospheric conspiracy drama set at the height of the Cold War, Aidan Gillen is scientist Dr J. Allen Hynek, brought in to debunk UFO sightings. In episode four, a bizarre UFO encounter with an airliner leads Hynek to a top-secret programme involving former Nazi scientists.

SPORTS BIOPIC

Eddie The Eagle, 9pm, Film 4

FACT-BASED underdog tale starring Taron Egerton (pictured) as Michael 'Eddie the Eagle' Edwards, who is determined to qualify as a ski jumper for the 1988 Olympic Games. The fact that he has limited cash, few opportunities to practise and simply isn't very good certainly won't hold him back.



POLITICS COMEDY

Veep, 10.10pm, Sky Atlantic

NO-ONE is less well-qualified for the White House than the bone-headed Jonah, which is why, by the end of this brutal US political satire, he may well end up as the president of America. Attempting to report on the race for power is Mike McClintock, who is now trying to be down with the kids at BuzzFeed.

Time	BBC 4	E4	ITV2
7.00pm	Beyond 100 Days News and analysis from Washington DC and London; Weather	Hollyoaks Sienna plans to trick Laurie into confessing by secretly recording him	6.00 Take Me Out A Michael Jackson impersonator enters the 'love lift'
7.30pm	Secrets of Bones Exploring how vertebrates capture and devour their food	Speechless JJ is pressured into going on a date with a new student at school	You've Been Framed! Gold A building crushes a sports car
8.00pm	Kolkata with Sue Perkins The presenter explores life in the diverse 21st-century megacity formerly known as Calcutta	The Goldbergs Erica, Barry and Adam's distant relative Gleb visits from Russia	You've Been Framed! Gold Harry Hill narrates a comical selection of mishaps filmed by viewers, including a mustard-swallowing challenge that backfires
8.30pm		Schooled Principal Glascott enlists the help of Coach Mellor to lay down the law	
9.00pm	Julius Caesar Revealed Mary Beard explores the life, reign and legacy of the Roman politician, revealing how his influence is still shaping people's everyday lives	Tattoo Fixers: Extreme Pash gets rid of biker Pete's offensive ink, and Alice creates an original tattoo for heart transplant patient Brad	8 American Pie (1999,15) Four teenage boys make a pact to lose their virginity before the high-school prom, but cause huge embarrassment in the process.
9.30pm		First Dates Hotel Fitness fanatic Bernard, 87, sits down for a meal with septuagenarian ballroom dancer Ruth	Comedy, with Jason Biggs, Eugene Levy, Shannon Elizabeth, Alyson Hannigan and Chris Klein. Includes FYI Daily
10.00pm	The Normans Professor Robert Bartlett explores the expansion and unchecked ambition of the Norman empire	11.05 The Hangover Games A group of friends from Barrow compete	11.05 Family Guy Peter volunteers for the police force
10.30pm		11.40 The Big Bang Theory (To 12.05)	Family Guy Peter's mother and father get a divorce (To 12.00)
11.00pm	Blazes and Brigades: The Story of the Fire Service Documentary looking back on nearly two centuries of British firefighting (To 12.00)		
11.30pm			

A-Z SATELLITE LISTINGS

ALIBI Sky 132 VMI 151

12noon Miss Fisher's Murder Mysteries. 1.00 Motive. 2.00 Murdoch Mysteries. 4.00 Rizzoli & Isles. 5.00 Rush. 6.00 Motive. 7.00 Miss Fisher's Murder Mysteries. 8.00 Murdoch Mysteries. 9.00 Ms Fisher's Modern Murder Mysteries. 10.00 The Coroner. 11.00 New Tricks.

ANIMAL PLANET Sky 190 VMI 213

12noon Wildest Europe. 1.00 Alaskan Bush People. 2.00 Animal Cops Houston. 3.00 Pit Bulls & Parolees. 4.00 Insane Pools: Off the Deep End. 5.00 Crocodile Hunter. 6.00 Sharks v Dolphins: Face Off. 7.00 Wildest Latin America. 8.00 Alaskan Bush People. 9.00 Extinct or Alive. 10.00 Animal Cops Houston. 11.00 Pit Bulls & Parolees.

BBC ALBA Sky 169

7.00am Alba Today. 5.00pm Tree Fu Tom. 5.20 Gudrun – A' Bhana-phionnsa Lochlannach. 5.30 Igam Ogam. 5.40 Na Flogaigs. 5.50 Stoiridh. 6.00 Dragonan – Reis chun an iomail. 6.25 An Rud As Fhearr Leam. 6.35 Aithne air Ainmhidhean. 7.00 Beartas nan Daoine. 7.30 Speaking Our Language. 7.55 Earrann Eachdraidh. 8.00 An La. 8.30 Dealbhan Fraoich. 9.00 Iul a' Chiuil. 10.00 Fonn Fonn. 10.30 Port. 11.00 Opry le Daniel. 11.50 Dhan Uisge.

BT SPORT 1 Sky 413

11.15am MotoGP. 12.15pm MotoGP. 1.15 MotoGP Chequered Flag. 2.15 IPL. 3.15 Live IPL. Sunrisers Hyderabad v Chennai Super Kings. 7.30 BT Sport Reload. 8.00 Live MLB. Milwaukee Brewers v St Louis Cardinals (Start-time TBA). 11.00 Rugby Tonight On Tour. 11.30 UFC Connected.

BT SPORT 2 Sky 414

12noon The Big Match Revisited. 2.00 Premier League Reload. 2.15 BT Sport Goals Reload. 2.30 Gallagher Premiership Rugby Highlights. 6.00 Bundesliga Special. 6.30 Premier League World. 7.00 Live UEFA Champions League. Manchester City v Tottenham Hotspur (Kick-off 8pm). 10.30 Live UEFA Champions League Highlights. 11.30 No Filter Boxing.

BT SPORT 3 Sky 417

12noon UEFA Champions League. 1.00 UEFA Champions League. 2.00

UEFA Europa League Magazine. 2.30 Bundesliga Highlights Show. 3.30 Premier League Reload. 3.45 Premier League. 5.15 UEFA Champions League. 6.15 UEFA Champions League. 7.15 Live UEFA Champions League. FC Porto v Liverpool (Kick-off 8pm). 10.30 BT Sport Films.

COMEDY CENTRAL Sky 112 VMI 127

12noon Two Guys, a Girl and a Pizza Place. 1.00 Friends. 4.00 Two Guys, a Girl and a Pizza Place. 5.00 Friends. 8.00 Your Face or Mine. 9.00 Russell Howard's Good News. 10.00 The Comedy Bus. 10.35 Russell Howard's Stand Up Central. 11.00 Jackass.

DAVE (DAYTIME) Sky 111 VMI 122

11.55am Red Bull Soapbox Race. 12.55pm Top Gear India Special. 2.50 Top Gear Winter Olympics Special. 3.50 Top Gear. 5.30 Red Bull Soapbox Race.

DISCOVERY Sky 125 VMI 208

9.00am Outback Truckers. 11.00 Wheeler Dealers. 12noon Baggage Battles. 1.00 Combat Dealers. 2.00 Wheeler Dealers. 3.00 Ed Stafford: Left for Dead. 4.00 Mighty Ships. 5.00 Gold Rush. 6.00 Fast N' Loud Revved Up. 7.00 Outback Truckers. 8.00 Alaska: The Last Frontier. 9.00 Tanked. 10.00 Moonshiners. 11.00 Wheeler Dealers.

DRAMA (DAYTIME) Sky 158 VMI 164

9.00am Pie in the Sky. 10.00 Classic Holby City. 11.00 The Bill. 1.00pm Classic EastEnders. 2.20 Bergerac. 3.20 Lovejoy. 4.20 Pie in the Sky. 5.20 Birds of a Feather. 6.00 Brush Strokes. 6.40 Bread.

E4 (DAYTIME) Sky 136 VMI 112

9.00am Baby Daddy. 10.00 The Big Bang Theory. 11.00 The Goldbergs. 12noon Brooklyn Nine-Nine. 1.00 The Big Bang Theory. 2.00 Baby Daddy. 3.00 Brooklyn Nine-Nine. 4.00 The Goldbergs. 5.00 The Crystal Maze. 6.00 The Big Bang Theory.

EDEN Sky 166

12noon Galapagos. 1.00 Ten Deadliest Snakes with Nigel Marven. 2.00 Jungle Planet. 3.00 Forces of Nature with Brian Cox. 4.00 Ten Deadliest Snakes with Nigel Marven. 5.00 Jungle Planet. 6.00 Madagascar. 7.00 Galapagos. 8.00 Forces of Nature with Brian

Cox. 9.00 Sea of Creepy Monsters. 10.00 Madagascar. 11.00 Galapagos.

EIR SPORT 1 Sky 873

9.00am Dick Warner's Fishing Odyssey. 10.00 Arsenal v Manchester United: 1997/98. 10.30 Arsenal v Manchester United: 1998/99. 11.00 Manchester United v Arsenal 01/02. 11.30 Manchester United v Chelsea: 1999/2000. 12noon The Masters. 4.00 Classic GAA. 5.30 Manchester United v Manchester City 11/12. 6.00 Golf Central. 7.00 Outdoor Sports Show. 7.30 On the Limit Sports. 8.00 Peak Performance. Horse Racing. 8.30 Manchester United v Blackburn Rovers 11/12. 9.00 The Pro14 Hour. 10.00 The Back Row. 10.30 Manchester United v Everton: 2011/12. 11.00 On the Limit Sports.

EUROSPORT 1 Sky 410 VMI 423

9.00am World Superbikes. 10.00 Cycling: Tour of Turkey. 11.00 Live Cycling: Tour of Turkey. Coverage of the second stage of the race. 1.00pm Golf: Masters. 2.00 Cycling: Tour of Turkey. 3.00 Live Cycling: Brabantse Pijl. Coverage of the UCI Europe Tour race from Belgium. 4.45 Cycling: Get to Know. 5.00 Snooker: O'Sullivan v Allen. 7.00 Cycling: Tour of Turkey. 8.30 Cycling: Brabantse Pijl. 9.30 Cycling: Amstel Gold Race. 10.30 Cycling: Tour of Turkey. 11.30 Cycling: Brabantse Pijl.

FILM4 Sky 313 VMI 323

11.00am GARFIELD 2: A TALE OF TWO KITTIES. (2006) (U) 12.35pm ICE AGE. (2002) (U) 2.10 OVER THE HEDGE. (2006) (U) 3.50 BACK TO THE FUTURE PART III. (1990) (PG) 6.10 EXODUS: GODS AND KINGS. (2014) (12) 9.00 EDDIE THE EAGLE. (2016) (PG) 11.10 COMMANDO. (1985) (18) 12.55am MONSTERS: DARK CONTINENT. (2014) (15)

FOOD NETWORK UK Sky 172 VMI 508

6.00pm Jamie's Super Food. 6.30 Jamie's 15 Minute Meals. 7.00 The Pioneer Woman. 8.00 Diners, Drive-Ins and Dives. 10.00 Gok's Chinese Takeaway. 11.00 Mystery Dinners.

GOLD Sky 110 VMI 120

12noon 2point4 Children. 1.20 Hi-de-Hi! 2.00 dinnerladies. 2.40 2point4 Children. 4.00 Last of the Summer Wine. 6.00 Hi-de-Hi! 6.40 dinnerladies. 7.20 Dad's Army. 8.40 Blackadder II. 10.00 Live at the Apollo. 11.00 Black Books.

HISTORY Sky 130 VMI 217

9.00am Mega Mechanics. 10.00 Ozzy & Jack's American Roadtrip. 11.00 Mountain Men. 12noon Forged in Fire. 1.00 American Pickers. 2.00 Hardcore Pawn. 3.00 Storage Wars. 5.00 Forged in Fire. 7.00 American Pickers. 8.00 Mega Mechanics. 9.00 The Curse of Oak Island. 10.00 River Hunters. 11.00 WW2 Treasure Hunters.

ITV2 (DAYTIME) Sky 118

8.55am You've Been Framed! Gold. 9.25 The Ellen DeGeneres Show. 10.15 BGT: Top 10 Comedy Corkers. 11.15 The Guide to You've Been Framed! Gold. 12.15pm Emmerdale. 1.15 You've Been Framed! Gold. 1.40 The Ellen DeGeneres Show. 2.35 The Jeremy Kyle Show. 6.00 Take Me Out.

ITV3 (DAYTIME) Sky 119 VMI 131

9.00am Judge Judy. 10.30 Agatha Christie's Poirot: Taken at the Flood. 12.40pm Heartbeat. 1.45 Classic Emmerdale. 2.50 Classic Coronation Street. 3.55 Agatha Christie's Poirot: Mrs McGinty's Dead. 5.55 Heartbeat.

ITV4 (DAYTIME) Sky 120 VMI 132

8.40am Quincy ME. 9.40 Minder. 10.45 The Sweeney. 11.50 The Professionals. 12.55pm The Protectors. 1.30 ITV Racing: Live from Newmarket. Coverage of day two of the Craven meeting. 4.00 Minder. 5.00 The Professionals. 6.00 The Car Chasers.

ITVBE Sky 131

9.00am LittleBe. 12noon Income Property. 12.25 The Real Housewives of New Jersey. 1.20 The Bachelor. 2.15 Million Dollar Listing: LA. 3.10 The Real Housewives of Orange County. 4.05 The Real Housewives of Beverly Hills. 6.00 Buyers Bootcamp. 7.00 Buying and Selling. 8.00 Dinner Date. 9.00 Sam and Billie Faiers: The Mummy Diaries. 10.00 The Only Way Is Essex. 11.00 Celebrity Showman. 12midnight Selling It in the ATL.

LIFETIME Sky 164 VMI 218

9.00am Pawn Stars. 10.00 Storage Wars. 11.00 Judge Judy. 1.00pm Britain's Next Top Model. 2.00 Escaping Polygamy. 3.00 Judge Judy. 4.00 Dance Moms. 5.00 Project Runway All Stars. 6.00 Pawn Stars. 7.00 Judge Judy. 9.00 Little Women: Atlanta. 10.00 Little Women: LA. 11.00 Hardcore Pawn.

NAT'L GEOGRAPHIC Sky 129 VMI 215

9.00am Yukon Gold. 10.00 Highway Thru Hell. 11.00 Ice Road Rescue. 12noon Wicked Tuna: North v South. 1.00 Wicked Tuna. 2.00 Car SOS. 4.00 Air Crash Investigation. 6.00 WWII's Greatest Raids. 7.00 Nazi Megastructures. 8.00 Alaska's Toughest Pilots. 9.00 Alaska State Troopers. 10.00 Lawless Island: Alaska. 11.00 Car SOS.

PBS AMERICA Sky 174

10.20am Prosecuting Evil: The Extraordinary World of Ben Ferencz. 12.15pm Great Escape – The Reckoning. 1.20 The Secrets of the Mary Rose. 2.30 King Alfred and the Anglo-Saxons. 3.50 Prosecuting Evil: The Extraordinary World of Ben Ferencz. 5.35 The Secrets of the Mary Rose. 6.40 King Alfred and the Anglo-Saxons. 7.55 The Mysteries of the Medieval Ship. 9.00 War at Sea: Scotland's Story. 11.15 The Mysteries of the Medieval Ship.

PICK (DAYTIME) Sky 152 VMI 133

12noon Border Patrol. 1.00 Police Force: Australia. 2.00 Border Security: Australia's Front Line. 3.00 Nothing to Declare. 4.00 Stop, Search, Seize. 5.00 Without a Trace. 6.00 Stargate SG-1.

QUEST (DAYTIME) Sky 144 VMI 154

9.00am Wheeler Dealers. 11.00 Fantomworks. 12noon Chasing Classic Cars. 1.00 Gold Divers: Under the Ice. 2.00 Railroad Australia. 3.00 Salvage Hunters. 4.00 Shed and Buried. 5.00 Mighty Cruise Ships. 6.00 Wheeler Dealers.

REALLY Sky 155 VMI 165

12noon Escape to the Country. 1.00 Escape to the Country. 2.00 Fantasy Homes by the Sea. 3.00 Sarah Beeny's Renovate Don't Relocate. 4.00 Most Haunted. 5.00 Ghost Adventures. 6.00 Antiques Road Trip. 7.00 Escape to the Country. 8.00 Sarah Beeny's Renovate Don't Relocate. 9.00 One Born Every Minute. 10.00 Nightwatch: Emergency After Dark. 11.00 Inside the Ambulance.

SKY ARTS Sky 122 VMI 141

12noon The Seventies. 1.00 Tales of the Unexpected. 1.30 J.R.R. Tolkien: Designer of Worlds. 2.45 Off Camera with Sam Jones. 4.00 Discovering: Max von Sydow. 5.00 Discovering: Julie Andrews. 6.00 The Seventies. 7.00 Portrait Artist of the Year 2019.

8.00 Comedy Legends. 9.00 Urban Myths: Donald Trump and Andy Warhol. 9.30 Urban Myths: Princess Diana, Freddie Mercury and Kenny Everett. 10.00 The History of Comedy. 11.00 Discovering: Bill Murray.

SKY ATLANTIC Sky 108

9.00am The West Wing. 11.00 CSI: Crime Scene Investigation. 12noon Without a Trace. 2.00 Blue Bloods. 3.00 The West Wing. 5.00 Without a Trace. 7.00 CSI: Crime Scene Investigation. 8.00 Blue Bloods. 9.00 Billions. 10.10 Veep. 10.45 Barry. 11.20 The Case Against Adnan Syed.

SKY COMEDY Sky 307 VMI 301

11.00am TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY. (2006) (15) 1.05pm BLADES OF GLORY. (2007) (12) 2.45 STEP BROTHERS. (2008) (15) 4.35 THE HOUSE. (2017) (15) 6.10 MADE OF HONOUR. (2008) (12) 8.00 BLADES OF GLORY. (2007) (12) 9.40 STEP BROTHERS. (2008) (15) 11.35 THE HOUSE. (2017) (15)

SKY DRAMA Sky 309 VMI 308

11.45am TULLY. (2018) (15) 1.30pm LOST IN TRANSLATION. (2003) (15) 3.20 THE PRINCE OF TIDES. (1991) (PG) 5.35 JERRY MAGUIRE. (1996) (15) 8.00 TULLY. (2018) (15) 9.45 MY FRIEND DAHMER. (2017) (15) 11.40 MARSHALL. (2017) (15)

SKY MUSICALS Sky 308 VMI 306

9.50am WEST SIDE STORY. (1961) (PG) 12.30pm THE GREATEST SHOWMAN. (2017) (PG) 2.20 ANNIE. (1982) (U) 4.30 SLEEPING BEAUTY. (1959) (U) 6.00 PITCH PERFECT. (2012) (12) 8.00 THE GREATEST SHOWMAN. (2017) (PG) 10.00 GREASE. (1978) (PG)

SKY ONE Sky 106 VMI 114

12noon NCIS: Los Angeles. 1.00 Hawaii Five-0. 3.00 Modern Family. 4.00 The Simpsons. 5.30 Futurama. 6.30 The Simpsons. 8.00 DC's Legends of Tomorrow. 9.00 Magnum P.I. 10.00 Strike Back: Silent War. 11.00 Karl Pilkington: The Moaning of Life.

SKY PREMIERE Sky 301 VMI 320

11.35am CHRISTOPHER ROBIN. (2018) (PG) 1.35pm SUPERTROOPERS 2. (2018) (15) 3.20 LU OVER THE WALL. (2017) (PG) 5.20 DUSTY AND ME. (2016) (12) 7.00 CHRISTOPHER ROBIN. (2018) (PG) 9.00 SUPER

ITV 3	ITV 4	MORE 4	PICK	QUEST	DAVE	DRAMA	5STAR	5 USA
Murder, She Wrote Jessica travels to Amish country in search of a special handmade quilt, but finds herself embroiled in yet another baffling murder investigation	The Chase Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on quiz genius the Chaser and secure a cash prize	6.55 999: On the Frontline A 93-year-old may have a life-threatening infection	Warehouse 13 Pete and Myka visit Hong Kong in search of Sykes, and upon entering his lair become involved in a dangerous game with lives at stake	Railroad Australia Bernie struggles home in five streamliner locos pulling 90 old coal wagons. After 20 years renovating a diesel locomotive, James wants to drive it	World's Most Dangerous Roads <i>Twenty Twelve</i> co-stars Hugh Bonneville and Jessica Hynes go on a road trip through the former Soviet republic of Georgia	7.20 Last of the Summer Wine Foggy, Clegg and Compo hit on a solution to their transport problems – building their own bikes. Bill Owen and Brian Wilde star	Two and a Half Men Jake seeks advice about a girl at school	Law & Order A restaurant owner is beaten to death and Briscoe and Green's investigation leads them to a gang of thrill-seeking teenagers
Agatha Christie's Poirot Murder In Mesopotamia: An archaeologist's wife is murdered during an excavation in the Middle East. Fortunately, a vacationing Poirot – who shares with most great detectives an inability to go on holiday without stumbling over a body or two – is on hand to investigate. David Suchet stars	River Monsters Jeremy Wade visits the north of Australia, where something in the waters was seemingly responsible for the disappearance of six men	7.55 Grand Designs Kevin McCloud follows the progress of Stephen Yeoman and Anita Findlay, who want to build a cutting-edge, post-industrial house in the traditional area of South Downs	Lost Girl Bo becomes convinced a prisoner sentenced to death is innocent, and uses her political knowledge in a bid to get her out of jail, before going on a mission of vengeance	Salvage Hunters In Macclesfield, Cheshire, Drew Pritchard meets a mother-and-son team. Later, in Leeds he catches up with a young dealer with an eye for modern pieces	Last Stop Garage The boys repair a hovercraft for a local journalist	Rosemary & Thyme Part one of two. The amateur sleuths investigate when a man who apparently drowned is spotted alive and well just a few days later	Greatest Ever Movie Blunders Elis James points out mistakes in movies	NCIS The teenage daughter of a US Navy commander is abducted and Ziva and Abby work closely with the girl's friend, who managed to escape from the kidnappers
10.05 The Bletchley Circle Drama set during the social change of the mid-1950s, following four women gifted with extraordinary intelligence	Magnum Force (1973,18) Maverick cop Dirty Harry antagonises his superiors once more in his pursuit of a vigilante group responsible for murdering the city's most wanted criminals. However, he is unaware that the killers are some of his fellow officers – and are prepared to see him dead to keep their secret safe. Action thriller sequel, starring Clint Eastwood and Hal Holbrook. Includes FYI Daily	Find It, Fix It, Drive It Henry Cole and Sam Lovegrove restore and transform a 1968 Morris ambulance into the quintessential vintage race transporter	Murders That Shocked the Nation Exploring the story of Armin Meiwes, who in Germany in 2002 filmed himself killing and eating a victim he had contacted online	Salvage Hunters: The Restorers New series. Cabinet-maker Alex resurrects a 300-year-old chest	QI Stephen Fry conjures up some seasonal merriment with Jenny Eclair, Johnny Vegas and Bill Bailey supplementing the efforts of regular panellist Alan Davies	Rosemary & Thyme Part two of two. The amateur sleuths continue their investigation. Mystery drama, starring Felicity Kendal and Pam Ferris	Rich Kids Go Homeless New series. Six privileged young people agree to live on the streets of London for three nights	Gone A pop star's sister is abducted from a sold-out concert – leaving the team with a huge crowd of suspects
The Bletchley Circle: San Francisco It becomes clear that San Francisco is in the grip of a killer with a dark and complex agenda (To 12.05)	11.35 The Usual Suspects (1995,18) Thriller. Includes FYI Daily (To 1.50)	Car SOS Fuzz Townshend and Tim Shaw restore an Aston Martin DB6 for its owner, who has been prevented from working on it due to health problems	Elementary Holmes and Watson are taken into the dark case of an illegal drug trial that is driving participants to murder	Salvage Hunters – Best Buys Drew Pritchard counts down some of his most memorable buys, from the rare and valuable to the exquisite and the quirky	Have I Got a Bit More News for You Katherine Ryan hosts the topical quiz, with Richard Osman and Desirée Burch joining team captains Ian Hislop and Paul Merton	New Tricks Jack examines a conspiracy theory that the American government was involved in the death of a journalist who witnessed a crash at a US Air Force base	Elysium (2013,15) In the future, most of the human race exists in poverty on a ruined Earth, while a wealthy elite live on a space station. A man dying of radiation poisoning fights security forces to gain access to the satellite and its medical facilities. Sci-fi thriller, with Matt Damon. Includes Access (To 12.15)	Law & Order: Special Victims Unit Cragen orders Benson off a case. With Maria Bello
		24 Hours in A&E A 56-year-old man is put on life support following a cardiac arrest, and a nightclub host realises his lifestyle is taking its toll (To 12.00)	Brit Cops: Frontline Crime UK Police officers in west Wales deal with violent drunks and drug dealers, as well as a dangerous domestic incident (To 12.00)	How It's Made The development of Marseille soap and Laguiole pocket knives	Porters Simon is forced to become a sperm donor to raise extra rent money	11.15 Taggart Two skulls are found during building work, and the detective investigates a possible link to the theft of poisonous snakes from a Glasgow laboratory (To 2.20)		10.55 Law & Order: Special Victims Unit The team is called in when the body of a badly beaten teenager is found on a ride at an amusement park
				How It's Made Reconditioned sander drums and lithographs (To 12.00)	11.40 Have I Got a Bit More Old News for You Hosted by David Mitchell (To 12.40)			11.55 Law & Order: Special Victims Unit A teenage girl is killed in a hit-and-run (To 12.55)

TROOPERS 2. (2018) (15) 10.45 THE WHISKEY BANDIT. (2017) (15)

SKY WITNESS

Sky 107 VMI 124

12noon Paramedics. 3.00 To Catch a Smuggler. J.F.K. Airport. 7.00 Nothing to Declare. 8.00 Criminal Minds. 9.00 Grey's Anatomy. 10.00 Station 19. 11.00 Criminal Minds.

SKY MAIN EVENT

Sky 401 VMI 401

8.40am Live ANZ Premiership Netball. Pulse v Mystics (Centre-pass 8.40am). 10.15 Sky Sports Boxing Gold. 10.30 Sky Sports News. 12.30pm Live Royal London One-Day Cup Cricket. Kent v Hampshire. 9.00 Sky Sports Tonight. 10.00 The Debate. 11.00 Sky Sports News.

SKY PREMIER LEAGUE

Sky 402

9.00am The Debate. 10.00 Premier League Years. 12noon The Debate. 1.00 Premier League Years. 3.00 PL Best Goals 13/14. 4.00 PL Greatest Games. 5.00 Premier League Highlights. 5.30 Premier League 100 Club. 6.00 Premier League Review. 7.00 Premier League World.

7.30 Premier League Highlights. 8.00 Premier League Review. 9.00 Premier League World. 9.30 Premier League Highlights. 10.00 The Debate. 11.00 PL Best Goals 93/94.

SKY FOOTBALL

Sky 403 VMI 407

9.00am Football Years. 10.00 EFL Play-Off Final Highlights. 11.00 One2Eleven. 11.30 Football's Greatest Players. 12noon EFL Greatest Games. 12.30 SPFL Greatest Games. 1.00 Football Countdowns. 2.00 Football Years. 3.00 EFL Football League Play-Off Finals. 5.00 EFL Greatest Games. 5.30 SPFL Greatest Games. 6.00 Football Years. 6.30 Soccer AM: The Best Bits. 7.00 Football's Greatest Players. 8.00 EFL Greatest Games. 8.30 SPFL Greatest Games. 9.00 EFL Play-Off Final Highlights. 10.00 The Debate. 11.00 Football's Greatest Players.

SKY CRICKET

Sky 404 VMI 402

9.00am Cricket's Greatest Games. 10.00 Coaching Clinic with Rob Key. 10.55 Lord's Pavilion Portraits. 11.00 Best of Sky Cricket. 11.30 Royal London One-Day Cup Cricket. 12.30pm Live Royal London One-

Day Cup Cricket. Kent v Hampshire. 9.00 How the 2011 ICC Cricket World Cup Was Won. 11.00 World Cup Cricket Classics.

SKY MIX

Sky 121 VMI 409

8.40am Live ANZ Premiership Netball. Pulse v Mystics (Centre-pass 8.40am). 10.15 Game Changers. 10.30 Netball Superleague. 11.30 Sporting Greats. 12noon Netball Superleague. 1.00 Sporting Records. 1.30 My Icon: Rachel Yankey. 1.45 My Icon: John Amaechi. 2.00 Netball Superleague. 3.00 Game Changers. 3.30 My Icon: Rachel Yankey. 3.45 My Icon: John Amaechi. 4.00 Game Changers. 4.15 My Icon: Natasha Jonas. 4.30 Game Changers. 5.00 WWE Main Event. 6.00 Netball Superleague. 7.00 My Icon: Shaun Gayle. 7.10 ANZ Premiership Netball. 8.45 My Icon: Shaun Gayle. 9.00 Sporting Greats. 9.30 Game Changers. 10.00 NRL Try Time. 11.00 Premier League World. 11.30 Premier League 100 Club.

SONY CRIME CHANNEL

Sky 157

11.00am Body of Evidence. 1.00pm Facing Evil. 2.00 Murder Detectives:

Solved by CCTV. 3.00 Fatal Attraction. 4.00 Person of Interest. 5.00 CSI: Crime Scene Investigation. 7.00 Hustle. 9.00 Bizarre Murders. 11.00 Murder Detectives: Solved by CCTV.

SYFY

Sky 114 VMI 129

8.00am Teleshopping. 11.00 Stitches. 12noon Primeval. 1.00 FILM: The Librarian 2: Return to King Solomon's Mines. (2006) (PG) Fantasy adventure sequel, starring Noah Wyle. 3.00 Buffy the Vampire Slayer. 5.00 Star Trek: Voyager. 6.00 Star Trek: The Next Generation. 8.00 Stitches. 9.00 Project Blue Book. 10.00 FILM: Quarantine 2: Terminal. (2011) (15) Horror sequel, starring Mercedes Maohnn.

TALKING PICTURES TV

Sky 328 VMI 445

12noon FILM: The History of Mr Polly. (1949) (U) Period comedy, starring John Mills. 2.00 The Edgar Wallace Mystery Theatre. 3.30 FILM: The Purple Plain. (1954) (PG) Second World War drama, starring Gregory Peck. 5.30 Robin's Nest. 6.00 FILM: Mr Perrin and Mr Traill. (1948) (U) Psychological drama,

starring Marius Goring. 7.50 FILM: A Little of What You Fancy. (1968) (U) The history of music hall. 9.00 A Family at War. 10.00 Spearhead. 11.00 FILM: A Kind of Loving. (1962) (PG) Drama, starring Alan Bates.

TCM

Sky 315 VMI 327

7.20am THE CHEYENNE SOCIAL CLUB. (1970) (PG) 9.30 THE SEA OF GRASS. (1947) (PG) 12noon GUN FIGHT. (1961) (U) 1.30 THE LONG AND THE SHORT AND THE TALL. (1960) (PG) 3.30 A TORNADO IN THE SADDLE. (1942) (PG) 4.45 THE UNFORGIVEN. (1960) (PG) 7.15 THE GUN RUNNERS. (1958) (PG) 9.00 ENTER THE DRAGON. (1973) (18) 11.10 TANGO & CASH. (1989) (18) 1.20am THE LAST DETAIL. (1973) (18)

TRUE ENTERTAINMENT

Sky 179

11.00am Little House on the Prairie. 1.00pm FILM: Danielle Steel's Daddy. (1991) (PG) Drama, starring Patrick Duffy. 3.00 Rumpole of the Bailey. 4.00 Murder, She Wrote. 5.00 Hamish Macbeth. 6.00 Born and Bred. 7.00 M*A*S*H. 8.00 Randall and Hopkirk (Deceased). 9.00 Taggart.

UNIVERSAL TV

Sky 113 VMI 123

12noon Murder in Paradise. 1.00 Law & Order. 3.00 CSI: Miami. 5.00 Major Crimes. 7.00 NCIS. 9.00 Law & Order: Special Victims Unit. 10.00 The Murders. 11.00 Law & Order: Special Victims Unit.

W

Sky 109 VMI 160

12noon Tipping Point. 2.00 My Dream Home. 4.00 Renovate My Home: Leave It to Bryan. 5.00 Tipping Point. 6.00 John Torode's Australia. 7.00 Fantasy Homes by the Sea. 8.00 Inside the Ambulance. 9.00 The Story of Fertility. 10.00 The World According to Kids. 11.00 The Shift: Women on the Force.

YESTERDAY

Sky 161

12noon Time Team. 2.00 The Life of Mammals. 3.00 David Attenborough's Natural Curiosities. 4.00 Murder Maps. 5.00 Wartime Crime. 6.00 The World at War. 7.00 Impossible Engineering. 8.00 Hitler's Most Wanted. 9.00 Porridge. 10.20 Steptoe and Son. 11.00 Open All Hours.

EARLY MORNING DELIVERY GUARANTEED

Irish Daily Mail

The IRISH Mail

ON SUNDAY



HOME DELIVERY

For further details
Ph: 081 846 4465
Email: info@newsdelivery.ie
www.newsdelivery.ie

Subject to availability

Finance & Property

Telephone: 01 256 0838 Email: finance@dailymail.ie

FOR SALE 5 Ashfield Park, Terenure, Dublin 6W

A red-brick Victorian gem in south Dublin

€775,000



IT comes with a hefty price tag, but that's what you'd expect for a well-kept period home in a prime south Dublin location. This four-bedroom Victorian home retains many original features but has also been given some attractive upgrades, including an attic

Property Staff

study with Velux windows and new double-glazed sash windows. Old features are also immediately evident, including high ceilings and original doors and fireplaces. Two reception rooms are linked with double

doors. The kitchen has a cooking range built into the brickwork hearth, and south-facing French doors open to a barbecue area in the back garden. The home also features a one-bed granny flat with independent access. The agents are Lalor Estate Agents. Call on 01 247 8851.

WHAT'S SOLD Whether you are a buyer or seller, see propertypriceregister.ie for all of the best prices in the marketplace



€230,000

Kilkenny City

NO.13 Shandon Park is a three-bed semi-d which when sold was in need of modernisation, but is in an ideal location close to the ring road and within walking distance to the city centre.



€140,000

Ballinrobe, Co. Mayo

No.10 Tower View is a spacious four-bedroom semi-detached house located in a popular development on the edge of Ballinrobe town and within walking distance of all amenities.



€267,000

Stamullen, Co. Meath

NO.11 Grange Walk is a four-bedroom house in the vibrant village of Stamullen. The M1 is easily accessible from the house and is only a few minutes' drive away is Balbriggan town.

FTSE 100
7469.92

33.05
0.44%

H:7877.45 L:6584.68

FTSE 250
19923.38

116.29
0.59%

H:21324.02 L:17090.47

FTSE All Share
4092.04

18.92
0.46%

H:4324.41 L:3596.07

DOW
26411.36

26.59
0.10%

H:26828.39 L:21792.20

NIKKEI
22221.66

52.55
0.24%

H:24270.62 L:19155.74

HANG SENG
30129.87

319.15
1.07%

H:31541.08 L:24585.53

DAX
12101.32

81.04
0.67%

H:3169.92 L:10381.51

Brent Spot
71.16

0.15
0.21%

H:71.73 L:53.21

Gold
1276.30

9.40
0.73%

H:1343.80 L:1276.30

€ US\$1.1305
-0.0008 ▼
£0.8639
+0.0008 ▲

Tourist rates

Aus\$	1.62
Can\$	1.55
DenKr	7.65
UK£	0.88
Jpn¥	129.74
NZ\$	1.71
SAR	16.20
SwFr	1.16
Turkl	6.73
US\$	1.16

For indicative use only

Iseq briefing: Closed at 6,433.97 Up 38.79

	Price	Var	High	Low
Abbey	14.500	-	16.200	13.000
AIB Group	4.218	-0.002	5.407	3.770
Aminex	0.013	-	0.035	0.011
Amryt Pharma	0.150	-	0.235	0.130
Applegreen	5.420	+0.040	6.760	5.260
Aryzta	1.205	-0.035	19.180	0.900
C&C Gp	3.380	+0.040	3.565	2.610
CPL Resources	6.600	-0.050	7.200	5.600
CRH	29.610	+0.330	32.620	21.840

Dalata Hotel Gp	6.120	+0.130	7.320	4.310
Datalex	0.804	-0.046	3.100	0.548
Donegal Investment Group	9.500	+0.100	9.750	8.600
FBD Holdings	8.720	+0.020	11.900	7.840
First Derivatives	25.800	-	53.000	23.200
Glanbia	17.310	-0.210	19.050	13.660
Glenveagh Properties	0.844	+0.016	1.236	0.670
Great Western Min	0.003	-	0.025	0.002
Green REIT	1.457	-	1.472	1.457
Hibernia REIT	1.368	+0.004	1.558	1.238
Hostelworld Gp	2.260	-	4.520	1.840

IFG Gp	2.160	-	2.240	1.410
Ind News & Med	0.100	-	0.106	0.057
Irish Conti Gp	5.010	+0.010	5.780	4.200
Irish Res Prop	1.592	+0.008	1.630	1.340
Kerry Gp	97.300	-0.700	99.500	84.500
Kingspan Gp	45.840	+1.300	44.820	34.800
Mainstay Medical	4.300	-	16.500	2.500
Malin	5.350	-	8.250	3.920
Mincon Group	1.270	-	1.740	1.100
Origin Enterpr	5.480	+0.040	6.330	5.150
Ormonde Mining	0.040	-0.005	0.056	0.030

Ovoca Bio	0.089	-	0.130	0.065
Paddy Power Betfair	75.040	+1.420	104.700	64.300
Permanent TSB Group	1.300	+0.020	2.220	1.216
Petronet Res	0.012	-0.001	0.030	0.005
Providence Res	0.151	-0.003	0.210	0.110
Ryanair Holdings	12.180	+0.200	16.720	10.040
SciSys Group	2.020	-	2.120	1.950
Smurfit Kappa	26.750	+0.050	36.640	21.260
Total Produce	1.590	-0.010	2.390	1.330
VR Education Hldgs	0.150	-	0.324	0.090
Yew Grove REIT	0.995	-	1.010	0.980

Khan's new humility can help him spring shock

THE moment Virgil Hunter saw Amir Khan walk into the gym carrying his own kit bag was when the American trainer began to believe that his British boxer can spring one of the ring's huge upsets.

Khan is a massive underdog for his world welterweight title challenge to the esteemed and undefeated Terence Crawford here at Madison Square Garden on Saturday night.

Hunter believes part of the reason for a wide disparity in the betting odds is that, for a time, one of his most gifted fighters lost touch with reality. The sight of Khan pitching up for training with his bag over his shoulder and alone, without any of his old entourage, has altered that perception.

'Amir is insanely talented,' says Hunter. 'But I think he had too much too soon. He used to come

JEFF POWELL

reports from New York

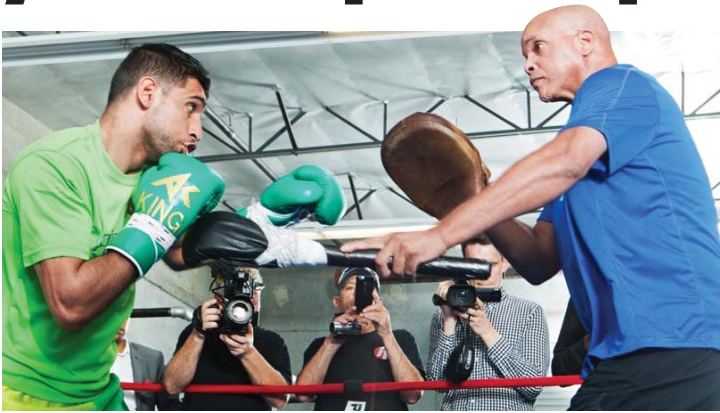
to the gym surrounded by friends and distractions. Now he comes just with his gear.

'If you carry your own bag in this game, you are your own person. He's found himself now and we're going into the Garden to win; to surprise one of the top two pound-for-pound fighters in the world today.'

Khan's reaction to his trainer's assessment is fascinating: 'Wow, did Virgil really just say that as I walked in? Well, carrying the bag is a symbol.'

He acknowledged how some of the excesses of a fabulously enriched youth provoked public criticism — but now he has found humility.

In his maturity, at 32, he takes a wry look back at how he became a teenage millionaire on the back of winning his Olympic silver medal in 2004, then quickly found



Underdog: Khan is put through his paces by Hunter

GETTY

further fame and fortune as a two-time world champion.

'Maybe until five or six years ago I was the kid who had everything very young,' says Khan. 'But now I've seen a big change in my attitude.'

The young Khan ran into trouble with the police for his high-

speed driving and he says: 'Looking back I wonder why I did some things.'

'But I'd signed a big money contract at the age of 19. I like cars and watches and suddenly I was able to afford them.'

'At such a young age it can get to you. I might have come across

as cocky because I wanted to show off how hard I had worked to get these things. But I got a lot of hate for that. Hopefully, I've changed a lot of people's minds now.'

'Many who meet me for the first time are surprised to find that I'm down to earth.'

'That's come with taking charge of my life.'

'When you have a big team you start relying on other people. But that's contrary to going into the ring, taking big punches and having to dig deep — all on your own.'

Khan has learned lessons the hard way, that much is clear. And it might just stand him in good stead against Crawford, who has only recently come up from lightweight himself to add the WBO welterweight belt to his impressive collection.

● **KHAN v CRAWFORD is live on BT Sport Box Office late this Saturday night.**
Information at bt.com/btsportboxoffice

To advertise in this section contact **Conor Coakley**
Ph: 01 256 0885 E: legal@dmgmedia.ie

CLASSIFIED

Legal & Planning, DMG Media,
Embassy House, Ballsbridge, D4

PLANNING APPLICATIONS

DUN LAOGHAIRE-RATHDOWN COUNTY COUNCIL

Planning Permission is sought by Angus Kirkland for partial demolition of existing single storey extension to rear and garage to side, construction of single storey extension to front, side and rear and two storey extension to side and rear, all including any associated site works to an existing two storey semi-detached dwelling at 74 Booterstown Avenue, Blackrock, Co. Dublin A94 T0C2

This application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority: Dun Laoghaire-Rathdown County Council, County Hall, Dun Laoghaire, Co. Dublin during its public opening hours. A submission/observation may be made on payment of €20 within a period of 5 weeks from the date the application is received by the planning authority.

DUN LAOGHAIRE – RATHDOWN COUNTY COUNCIL

Permission is sought for the construction of a new two storey, two bedroom dwelling within the rear garden of the existing two storey dwelling with pedestrian and vehicular access off Villarea Park as well as all landscaping and site development works at this site at no. 28 Adelaide Road, Gleneaney, Co. Dublin by Anna Comerford.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, County Hall, Dun Laoghaire during its public opening hours. A submission / observation may be made on payment of €20 within a period of 5 weeks from the date the application is received by the Planning Authority.

DUBLIN CITY COUNCIL

Planning permission is sought by Conor Fanning for development at 338 Clontarf Road, Clontarf, Dublin 3. D03 EV67.

The development will consist of the construction of 2 no. three storey, four bedroom, detached houses, including rooflights.

Other works as part of the development include: removal of existing vehicular entrance; 2 no. new vehicular entrances off Clontarf Road to serve the proposed dwellings; provision of private amenity space for each dwelling; on-curtillage car parking; associated boundary treatment; landscaping; SuDS drainage; and all ancillary works necessary to facilitate the development.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Dublin City Council during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

DUBLIN CITY COUNCIL

We Gerald and Darina Morin intend to apply for permission for development at No. 171 Herberton Road, Rialto, Dublin 8

The Development will consist of:
• Demolition of the existing single storey extension
• Construction of new two storey and single storey extension to the rear of the existing dwelling

• New dormer roof extension and rooflight to rear roofslope
• and all associated internal alterations, site, landscaping and ancillary works
The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Dublin City Council during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

DUBLIN CITY COUNCIL

Joseph Pisaris and Nicola Beagan are applying for (1) Permission to convert Attic Space to provide Family Room/ Gallery on 2nd floor to rear of existing family terrace home extending to 0.36 metres above existing ridge line. (2) Provision of vehicular entrance to rear garden to accommodate car park area with access from existing laneway leading from South Circular Road. (3) Provision of Velux Roof Lights to front elevation together with all ancillary works at 3 New Ireland Road, Rialto, Dublin 8.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Dublin City Council during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

DUN LAOGHAIRE-RATHDOWN COUNTY COUNCIL

We, Rachel West, Derek West and Arthur Purton, intend to apply for Permission for development at 20 Royal Terrace West, Dun Laoghaire, Co Dublin, a protected structure. The development will consist of the removal and replacement of existing basement floor, new window and door openings to the rear return at basement and ground floor, new internal openings and alterations to the layout at basement and ground floor, renewal and upgrade of mechanical and electrical services, the installation of a bathroom in the basement and kitchen in return at first floor, the construction of a patio and shed to the rear garden and associated site works.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority, County Hall, Dún Laoghaire during its public opening hours. A submission/observation may be made on payment of €20 within a period of 5 weeks from the date the application is received by the planning authority

DUBLIN CITY COUNCIL

Planning permission is sought by Welthomas Property Limited for development at No. 144 Thomas Street, Dublin 8. The proposed development consists of (i) removal of existing shopfront fronting onto Thomas Street; (ii) construction of single storey ESB substation (37sq. m); (iii) construction of new boundary wall, inclusive of vehicular entrance gate, to Thomas Street; and, (iv) all ancillary works necessary to facilitate the development. Permission is sought for a temporary permission of 5 no. years. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Dublin City Council during its public opening

hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

DUBLIN CITY COUNCIL

We, Yan Chen and Guo Wang Zou intend to apply for planning permission for alterations, repair and change of use of an existing four storey over basement terrace house, No 16 Mountjoy Square Dublin D01 N6Y7 (a Protected Structure) from single dwelling to 5 No. Apartments consisting of 2 No 1 bed basement / entry level duplex units and 3 No 2 bed units, one at each of the three upper floors. Removal of existing and insertion of new stairs from basement to ground level as well as from second to third floor and replacement of roof over. Formation of a new access point through the railings and steps to basement area at the front. New external steps and revised area at basement at the rear of house. New Access steps to the common rear garden. Formation of bike shed/ bin store and revised layout of existing pedestrian gates to the rear laneway
The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Dublin City Council during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

LEGAL NOTICES

Chuirot Duiche
The District Court
District Court Area of Naas
District No. 25
Intoxicating Liquor Act, 1962
Section 10

In respect of a Notice of Application for an Area Exemption for a Special Event.

Applicant: BILL McCORMACK (NAAS) LIMITED
Trading as William McCormack
Take Notice that the above BILL McCORMACK (NAAS) LIMITED trading as William McCormack of 37 South Main Street, Naas in the County of Kildare in the Court area and District aforesaid, and the holder of a 7 Day on Licence in respect of the said premises, intends to apply to the Court at Naas on Wednesday the 24th April 2019 at 10.30 a.m. for an Order exempting the holders of Intoxicating Licences in the locality of such premises, namely the town of Naas, in the County of Kildare, from the Provisions of the Licensing Act relating to prohibited hours on the following days and between the following hours to wit:
30TH April 2019
1ST May 2019
2nd May 2019
3rd May 2019
4th May 2019

On each of the above five dates between the hours of 11.30 p.m. to 2.00 a.m. during which period a Special Event to wit the Annual Punchestown Festival is taking place in such locality.
Dated this 15th April 2019
Conal Boyce,
Solicitor for Applicant,
30 South Main Street, NAAS
TO
ALL NOTICE PARTIES

IN THE MATTER OF THE COMPANIES ACT 2014 AND IN THE MATTER OF DILLON FLATTERY LIMITED

Notice is hereby given pursuant to Section 586 of the Companies Act 2014 that a meeting of creditors of the above named company will be held at The Plaza Hotel, Belgard Road, Tallaght, Dublin 24 on 8th May 2019 at 11.15 am for the purposes mentioned in Section 586 and 588 of the Companies Act 2014. Mr. Dedan Clancy of Status Corporate Advisory, 6 Lakelands Road, Stillorgan, Co. Dublin is proposed for appointment as liquidator.

Dated this 15th day of April 2019
BY ORDER OF THE BOARD
NOTE: Where any person wishes to be represented and/ or vote by Proxy, the form of Proxy must be lodged to the registered office 20 Connaught Place, Athboy, Co. Meath not later than 4.00 p.m. on the 7th May 2019.

FirstGroup Treasury Finance (Ireland) Designated Activity Company, never having traded, having its registered office at Airport Business Park, Dublin Airport, County Dublin, and having no assets exceeding €150 and having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise his/her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the Register.

BY ORDER OF THE BOARD
Dervla Marie McKay, Director

ADVERTISEMENT OF NOTICE FOR CLAIMS IN THE MATTER OF WCGI IRELAND UNLIMITED COMPANY (IN VOLUNTARY LIQUIDATION) AND IN THE MATTER OF THE COMPANIES ACT 2014

NOTICE IS HEREBY GIVEN that the preferential creditors of the above named company are required on or before the 19th of May 2019, to send their names and addresses with particulars of their Debts or Claims and the names and addresses of their solicitors, if any, to Eamonn Richardson of KPMG, 1 Stokes Place, St Stephen's Green, Dublin 2, the Liquidator of the said company and if so required by notice in writing from the Liquidator, are to file such affidavits in proof of claims as they may be advised and to give notice of filing thereof to the Liquidator and to attend at such time and place as shall be specified in such notice or, in default thereof, they will be excluded from any distribution made before such debts or claims are proved. Dated: Monday, 15th of April 2019
Eamonn Richardson
WCGI Ireland Unlimited Company (In Voluntary Liquidation)
KPMG
1 Stokes Place
St Stephen's Green
Dublin 2

IN THE MATTER OF XL FUELS GROUP LIMITED (IN RECEIVERSHIP) AND IN THE MATTER OF THE COMPANIES ACT 2014

ADVERTISEMENT FOR PREFERENTIAL CREDITORS
NOTICE IS HEREBY GIVEN, that the Preferential Creditors of the above Company are required, on or before 15 May 2019, to prove their debts by sending to the undersigned, Kieran Wallace, Receiver over the assets and undertakings of the above Company,

written statements of the amounts they claim to be due to them from the Company and, if so requested, to provide such further details or produce such documentary or other evidence as may appear to the Receiver to be necessary. In default thereof, creditors will be excluded from any distributions made before such debts or claims are proved.
Dated this: 17 April 2019
Kieran Wallace
Receiver
KPMG Restructuring,
1 Stokes Place,
St. Stephen's Green, Dublin 2

In the Matter of THE COMPANIES ACT 2014
And
In the Matter of IKON SEMICONDUCTOR LIMITED
NOTICE IS HEREBY GIVEN pursuant to Section 587 of The Companies Act 2014, that a Meeting of Creditors of the above named company will be held at LK Shields Solicitors, 40 Upper Mount Street, Dublin 2 at 11.00 a.m. on Friday 3rd May 2019 for the purposes mentioned in Sections 587, 588 and 667 of the said Act. The company will nominate Neil Hughes and Dessie Morrow of Baker Tilly, Joyce House, 21-23 Holles Street, Dublin 2 as Joint Liquidators of the Company.
Dated this 17th day of April 2019
By Order of the Board
Director

Proxies to be used at the meeting must be lodged with the Company at D.C.U. Innovation Campus, Old Finglas Road, Glasnevin, Dublin 11 not later than 4.00 p.m. on 2nd May 2019. Please note that pursuant to Section 587, Subsection (3) of the Companies Act, 2014, the list of creditors of the Company may be inspected at D.C.U. Innovation Campus, Old Finglas Road, Glasnevin, Dublin 11 during the hours of 9.00 a.m. and 5.00 p.m. on the days prior to the meeting in accordance with Section 587, Subsection (4) of the Companies Act, 2014 subject to provision of 24 hours' notice from the creditor to the Company in writing.

Lost in France Productions Designated Activity Company, trading as Lost in France Productions Designated Activity Company, having ceased to trade having its registered office at 12 Fortfield Court, Fortfield Road, Terenure, Dublin 6 and formerly having its registered office at 1-6 Haymarket, Smithfield Square, Dublin 7 and having its principal place of business at 1-6 Haymarket, Smithfield Square, Dublin 7, and having no assets exceeding €150 and having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the register.
By order of the Board
Nicola Gogan
Company Secretary

Murphy Hunter Farms Limited, having its registered office at Castleknock, Malrow, Co. Cork having never traded and having no assets exceeding €150 and having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the Company is not carrying on business and to request the Registrar on that basis to exercise their powers pursuant to Section 733 of the Companies Act to strike the Company off the register.
By order of the board
David Hunter
Director

NHOJ Holdings Unlimited Company having ceased to trade, having its registered office at Redgate, Caherdavin, Limerick, and has no assets exceeding €150 and having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the register.
By Order of the Board
John Naughton, Director

Recycle Me Limited having ceased to trade having its registered office at The Beeches, 70 Watson Road, Killiney, Co. Dublin, A96XY64 and having its principal place of business at The Beeches, 70 Watson Road, Killiney, Co. Dublin, A96XY64 and has no assets exceeding €150 and/or having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise his/her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the register.
By Order of the Board
Roy McCarthy
Director

RJD Maintenance Limited having ceased to trade having its registered office at 32, The Rise, Bishopstown, Cork, T12X8W6 and having its principal place of business at 32, The Rise, Bishopstown, Cork, T12X8W6 and has no assets exceeding €150 and/or having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise his/her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the register.
By Order of the Board
Catherine O'Donoghue
Director

Eachcentcounts Limited, having its registered office at Apartment 329, Block 3 / 4, Grace Park Manor, Druncomdra, Dublin 9, and having its principal place of business at Apartment 329, Block 3/4, Grace Park Manor, Druncomdra, Dublin 9, having ceased to trade and H2O Promotions Limited, having its registered office at 47 Springfort, Montenette, Cork and having its principal place of business at 47 Springfort, Montenette, Cork having ceased to trade and Saothru Bradan Teoranta, having its registered office at C/O ISPG Limited, Kilkerrin, Connemara, Co. Galway, and having its principal place of business at C/O ISPG Limited, Kilkerrin, Connemara, Co. Galway, having ceased to trade and Castlevue Construction & Development Cork Limited, having its registered office at Unit 7, Portgate Business Park, Raffeem, Monkstown, Co. Cork, and having its principal place of business at Unit 7, Portgate Business Park, Raffeem, Monkstown, Co. Cork, having ceased to trade and ABC Properties (Cork) Limited, having its registered office at Unit 7, Portgate Business Park, Raffeem, Monkstown, Co. Cork, and having its principal place of business at Unit 7, Portgate Business Park, Raffeem, Monkstown, Co. Cork, never having traded and Bluebush Limited, having its registered office at 20 Upper Mount Street, Dublin 2 and having its principal place of business at 20 Upper Mount Street, Dublin 2 never having traded and each of which has no assets exceeding €150 and having

no liabilities exceeding €150, have each resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the register.
By Order of the Board: Clive Devaraj, Director: Eachcentcounts Limited.
By Order of the Board: Norman Hegarty, Director: H2O Promotions Limited.
By Order of the Board: Finbarr O'Shea, Director: Saothru Bradan Teoranta.
By Order of the Board: Declan O'Mahony, Director: Castlevue Construction & Development Cork Limited.
By Order of the Board: Declan O'Mahony, Director: ABC Properties (Cork) Limited.
By Order of the Board: Thomas Banahan, Director: Bluebush Limited.

Vtrading Limited, having ceased trading, having its registered office at Cashel House, Estuary Business & Technology Park, Kilnaglenary, Carrigaline, Co. Cork, and having its principal place of business at Cashel House, Estuary Business & Technology Park, Kilnaglenary, Carrigaline, Co. Cork, and having no assets exceeding €150 and having no liabilities exceeding €150, has resolved to notify the Registrar of Companies that the company is not carrying on business and to request the Registrar on that basis to exercise her powers pursuant to section 733 of the Companies Act 2014 to strike the name of the company off the register.
By Order of the Board
DAVID CARROLL
DIRECTOR

RECRUITMENT

Busy Chinese Takeaway at Main Street, New Market on Fergus, Co Clare is looking for a **Head Chef** who specialises in the cooking of Asian Food. At Least 5 years experiences, 38 hours per week and annual salary of €31,000. Please contact Vicky Lin on 0870522855.

Name of employer: S & S Tree Services Limited, Description of employment: **Job Title/Role of Horticulture Worker**. The ideal candidate for this position will have the following experience and skills: High standard of attention to detail. Strong work ethic, honest and reliable. Experience in all aspects of garden maintenance. Experience using garden machinery. Excellent presentation, communication skills and experience dealing with clients. Minimum annual remuneration €22000 per year. Location of employment: Unit 2, The Gilmore Enterprise Centre, Brickens, Claremorris, Co. Mayo Eircode F12 AC82. Hours of work: 39 hours per week. Apply by post.

Sequoia Restaurant at The Fraser House, High Road, Thomondgate, Limerick is looking for **Head Chef**. At least 5 years' experience, 38 hours per week, annual salary of €31,000. Please contact Jessica Mei on 0838841920.

Head Chef is required by Thaido Cabra Takeaway at 34 Fassauga Avenue, Cabra, Dublin 7. Minimum 5 years' experience, 38 hours per week, annual salary of €31,000. Please contact Leo Zhang on 0860210490.

DOUBT OVER TOO DARN HOT

TRAINER John Gosden will decide whether favourite Too Darn Hot can run in the Qipco 2,000 Guineas after this weekend.

The unbeaten colt, owned by composer Lord Lloyd Webber, missed the Greenham Stakes at Newbury last Saturday with a leg issue and his Classic run is in the balance.

Gosden said: 'There was heat in the splint bone which is why we couldn't run. It was only six days ago but has improved a great deal.'

'Over the weekend one's got to be making decisions. It is not one of these things where you um and ah up to the race.'

'After the weekend I will know and

By MARCUS TOWNEND

make a decision.' Dewhurst Stakes winner Too Darn Hot is 6-4 for the 2,000 Guineas at Newmarket on May 4.

A clutch of Guineas possibles, headed by Saeed bin Suroor's Royal Marine, line up in the Craven Stakes at Newmarket today.

Andrew Balding-trained Shine So Bright earned his place in the 2,000 Guineas place with victory in yesterday's European Free Handicap.

Gosden's Kick On, winner of the Feilden Stakes, is likely to be aimed at the French 2,000 Guineas at Longchamp on May 12.

SOUTHWELL SSR

6.00—HANDICAP (6) £6,569 added (£3,105) 1m 4f 14yds (14)

1 (8)	526	MUNDERSFIELD 46 (H) D M Simcock 5-9-7	Dylan Hogan (5) 77
2 (5)	67L	RED TOUCH 14 (V) (C3) M Appleby 7-9-7	Alistair Rawlinson 75
3 (10)	477	PANATOS 18 A Dunn 4-9-6	Rossa Ryan 77
4 (13)	649	INTERMODAL 126 (P) Julia Brooke 5-9-5	Harrison Shaw (5) 77
5 (4)	255-	MOTAHASSEN 168 D Carroll 5-9-5	Jason Hart 6
6 (1)	0-80	LET'S BE HAPPY 36 (D2) Miss M Rowland 5-9-4	W Cox (3) 77
7 (12)	79-9	PLACE DES VOSGES 17 (PT) D Menzies 4-9-4	P J McDonald 76
8 (11)	1-3	QUILA SAEDA 14 M Appleby 5-9-4	Theodore Ladd (5) 77
9 (7)	235	CONTINGENCY FEE 7 (HP) P McEntee 4-9-2	Grace McEntee (7) 77
10 (14)	0/6-0	FOUR MILE BEACH J14 M Chapman 6-9-2	Rachel Richardson —
11 (6)	614	GOING NATIVE 18 (C&D) Oily Williams 4-9-1	Rhona Pindar (7) 76
12 (2)	8-6L	ZAHRAHAI 74 J R Jenkins 4-8-11	Kieran O'Neill 61
13 (9)	282	SCHINDLERS ARK 14 J Chapple-Hyam 5-9-9	Charlie Bennett 77
14 (3)	5-22	THE CORNHISBARRON 14 B Ellison 7-9-9	Cam Hardie 77

Probable SP: 9-2 The Cornishbarron, 5 Contingency Fee, 6 Motahassen, 7 Mundersfield, Schindlers Ark.

6.30—HANDICAP (5) £7,521 added (£3,752) 1m 13yds (11)

1 (10)	L8-1	CASEMENT (Silbex) 8 (D2) M Appleby 5-9-9	Alistair Rawlinson 77
2 (4)	1L-4	MUJASSAM 13 (B) (C2D) D O'Meara 7-9-7	Daniel Tudhope 75
3 (7)	L27	MAMA AFRICA 14 (C&D) T D Barron 5-9-7	Jane Elliott (3) 76
4 (11)	642	GLORY AWAITS 16 (B) (D3) D M Simcock 9-9-7	Dylan Hogan (5) 76
5 (2)	244	TAGUR 21 (P) (C&D2D2) K Ryan 5-9-7	Greathart (5) 75
6 (3)	232	MAJESTIC MOON 14 (P) (C&D) Miss J Feilden 9-9-2	Shelley Birkett 76
7 (1)	672	MR CARBONATOR 8 (C&D2) P Kirby 4-8-12	Pam Gormley (3) 77
8 (6)	L61	MUQUARRED 14 (P) (C&D4) R Fell 7-8-10	Graham Lee 9
9 (47)	40D	BOND ANGEL 9 (C&D2) P Evans 4-8-10	Theodore Ladd (5) 76
10 (5)	404	LAQAB 7 D Shaw 6-8-10	Patrick Mathews 76
11 (6)	313	THUNDER BUDDY 18 (P) (C2BF) K Burke 4-8-9	Rhona Pindar (7) 76

Probable SP: 11-4 Caseement, 6 Muquarred, 7 Tagur, 8 Thunder Buddy, Mr Carbonator, Glory Awaits, 10 Mama Africa, 12 Majestic Moon, 14 Mujassam, Laqab, 16 Bond Angel.

7.00—HANDICAP (4) £10,150 added (£5,531) 4f 21yds (8)

1 (6)	418	MIDNIGHT MALIBU 73 (C&D3D7) T Easterby 6-9-7	Rachel Richardson 76
2 (4)	993-	JABBAROCKIE 193 (C&D3) E Alston 6-9-0	Jason Hart 77
3 (1)	468-	ONLY SPOOFING 146 (D4) J O'Keefe 5-9-0	Sean Davis (5) 76
4 (7)	122	WARRIOR'S VALLEY 13 (PT) (C&D3D2BF2)	D C Griffiths 4-8-12 Phil Dennis 77
5 (3)	598	CLASSIC PURSUIT 16 (B) (C&D7) S Keniry 8-8-11	Liam Keniry 75
6 (2)	853-	SHOW PALACE 161 (D10) Jennie Candlish 8-8-11	Connor Beasley 77
7 (8)	L31	MINGGOLD 13 (P) (C&D3D5) M Dods 6-8-9	Paula Muir (5) 77
8 (5)	4L4	SAMOVAAR 34 (B) (C&D2D) S Dixon 4-8-7	K O'Neill 74

Probable SP: 3 Minggold, 4 Jabbarockie, 9-2 Warrior's Valley, 5 Show Palace, 7 Midnight Malibu, 8 Samovarr.

Drop in Class: 6.00 Mundersfield is down 2 grades on last run (Class 4 to Class 6); 7.00 Midnight Malibu (2). First run since wind surgery: None today.

B — Beverley	Confiding.....N 3.35	Contingency Fee.....S 6.00	Copper Goe West.....C 4.25	Comberough.....C 5.30	Dashed Drasher.....C 2.05	Cotswold Way.....N 2.25	Damlaj.....N 2.25	Aaron Lad.....C 4.25	Acadian Angel.....B 1.10	Accessor.....B 5.10	Airplane.....B 5.10	Airshow.....B 4.35	Al Hadeer.....N 2.25	Alexandriaklonal.....B 6.10	Alfie Solomons.....C 5.00	Allieu Alleuia.....C 5.00	Archaeology.....N 5.20	Archive.....B 5.10	Arctostic Lady.....B 6.10	Ask Dillon.....C 2.05	Astro Jack.....S 8.00	Attainment.....B 4.00	Atwaar.....S 8.30	Aweedran.....N 5.25	Aze Axelrod.....B 4.00	Azor Ahal.....B 4.00	Back On The Lash.....C 3.15	Be Perfect.....B 5.10	Bertie Moon.....B 7.30	Beths Hope.....B 2.15	Billy Dylan.....B 4.35	Birdie Bowers.....B 2.15	Birkenhead.....B 2.15	Bit Of A Quirk.....B 4.10	Black Key.....C 5.30	Blindly.....B 4.40	Bond Mahler.....C 3.50	Bond Angel.....S 6.30	Boudierme.....N 5.25	Brando.....N 3.00	Breath Of Air.....N 1.50	Brian Epstein.....N 5.20	Broughtons Admiral.....C 4.25	Bubby.....B 6.10	Burr.....N 2.05	Buzz De Turcoing.....C 5.00	Caesonia.....N 2.25	Calia Dor.....N 4.10	Cape Cavalli.....S 7.00	Capital Force.....C 5.30	Casement.....S 6.30	Catch My Breath.....N 4.45	Chameron.....C 4.25	Champagne Mondays.....N 8.30	Chapelli.....N 1.50	Chocochoc.....B 2.15	City Tour.....B 4.10	Classic Pursuit.....S 7.00	Clerisy.....N 4.10	Clondaw Cian.....C 3.50	Cobra De Mai.....C 5.00	Cock Robin.....B 2.15	Comeatshoo.....B 2.50
---------------------	----------------------	----------------------------	----------------------------	-----------------------	---------------------------	-------------------------	-------------------	----------------------	--------------------------	---------------------	---------------------	--------------------	----------------------	-----------------------------	---------------------------	---------------------------	------------------------	--------------------	---------------------------	-----------------------	-----------------------	-----------------------	-------------------	---------------------	------------------------	----------------------	-----------------------------	-----------------------	------------------------	-----------------------	------------------------	--------------------------	-----------------------	---------------------------	----------------------	--------------------	------------------------	-----------------------	----------------------	-------------------	--------------------------	--------------------------	-------------------------------	------------------	-----------------	-----------------------------	---------------------	----------------------	-------------------------	--------------------------	---------------------	----------------------------	---------------------	------------------------------	---------------------	----------------------	----------------------	----------------------------	--------------------	-------------------------	-------------------------	-----------------------	-----------------------

ROBIN GOODFELLOW

6.00 PANATOS (nap) 6.30 Casement 7.00 Warrior's Valley 7.30 High Command (nb) 8.00 Parion 8.30 Gunnabedun

GIMCRACK

6.00 Quila Saeda 6.30 Casement 7.00 Mininggold 7.30 Rippet 8.00 Inspired Thought 8.30 Deconso

7.30—HANDICAP (6) £6,569 added (£3,105) 1m 6f 21yds (14)

1 (2)	L0L	LUV U WHATEVER 8 (T) (C9) Mrs M Fife 9-9-8	Theodore Ladd (5) 77
2 (11)	L66	HIGH COMMAND 18 (V) (C&D) M Appleby 6-9-4	Theodore Ladd (5) 77
3 (6)	104	SEASEARCH 49 (P) (C&D) A Balding 4-9-5	Joshua Bryan (3) 77
4 (3)	235	HARBOUR QUAY 25 B Brisland 5-9-5	S Cronin (5) 76
5 (9)	4L6	RIPPLET 15 H Morrison 4-9-4	Charlie Bennett 64
6 (8)	7L9	FERN OWL 18 (V) (C2) J Butler 7-9-4	Liam Keniry 76
7 (4)	236	MAGIC SEA 19 Mrs S Dawson (IRE) 4-9-0	Dylan Hogan (5) 77
8 (1)	068-	DEW POND J28 (B) (D2) T Easterby 7-9-11	Rachel Richardson 77
9 (5)	1L9	SWEETEST SMILE 21 E De Giles 4-8-5	Elliott (3) 75
10 (12)	08-5	BERTIE MOON 14 (P) (C&D) A L Forbes 9-8-5	Rhain Ingram (5) 76
11 (14)	5-55	GREENVIEW PARADISE 21 J Scott 5-8-3	Kieran O'Neill 76
12 (7)	08L-	MELANNA 316 Mrs Stella Barclay 8-3-8	Cam Hardie 60
13 (10)	9L0-	LOOSE CHIPPINGS 242 (H) I Furtado 5-8-3	Kevin McKelone (3) —
14 (13)	0/6-6	UNONOTHINJONSNOW 73 (E) Frank Bishop 5-8-3	Faye McManoman (5) —

Probable SP: 4 Magic Sea, 5 Harbour Quay, 11-2 Seasearch, 7 Rippet, 8 Fern Owl, High Command, 10 Greenview Paradise, 12 Luv U Whatever, Dew Pond.

8.00—NOVICE STAKES (5) £5,800 added (£3,752) 6f 16yds (7)

1 (4)	5	TOMMY COCK 26 O Williams 4-9-9	T Ladd (5) —
2 (7)	1	ASTOR JAKKE 18 (C&D) K Burke 3-9-5	P J McDonald 70
3 (1)	1	INSPIRED THOUGHT 14 (C&D) A Watson 3-8-12	Daniel Tudhope 75
4 (3)	375-	SENSE OF BELONGING 208 K Ryan 3-8-12	Kevin Stott 76
5 (6)	6	LUNA PRINCESS 8 M Appleby 3-8-7	Jane Elliott (3) 77
6 (2)	2-	PARION 305 R Fahey 3-8-7	Sean Davis (5) 77
7 (5)	0-	SAPPHIRE JUBILEE 267 O Pears 3-8-7	Jamie Gormley (3) —
8 (3)	375-	SENSE OF BELONGING 208 K Ryan 3-8-12	Kevin Stott 76

Probable SP: 5-4 Inspired Thought, 9-4 Astor Jakke, 9-2 Sense of Belonging, 5 Parion.

8.30—HANDICAP (6) (3-Y-0) £6,569 added (£3,105) 6f 16yds (12)

1 (5)	329	MAISIE MOO 25 S L Keightley 9-9-5	Tony Hamilton 76
2 (7)	030-	SCARLET SKIS 222 (P) Stef Keniry 9-9-5	Liam Keniry 75
3 (12)	364-	SUPERSTITION 252 Evm Joughton 9-9-5	G Doble (7) 72
4 (11)	569	TERMINATOR 23 G Tuer 9-9-5	Sam James 67
5 (8)	6L7	SHARRAB 23 Mrs Stella Barclay 9-4-3	Cam Hardie 60
6 (1)	8L3	MISS ENIGMA 14 (S) R Hughes 9-3-7	Finley March (3) 72
7 (4)	573	DECONSO 18 (T) (D2) C Kellert 9-2-2	Hollie Doyle 76
8 (9)	06-8	LEANTE 15 Mrs S Dawson (IRE) 9-1	Dylan Hogan (5) 66
9 (3)	591	GUNNABEDUN 13 (B) (C) J Jardine 9-1	J Gormley (3) 77
10 (6)	3-97	MILLDAEN PANTHER 20 Suzi Best 9-0-9	P J McDonald 71
11 (10)	812	CHAMPAGNE MONDAYS 18 (P) (C&D) S Dixon	8-13 Nicola Currie 77
12 (2)	0-46	ATWAAR 55 C Smith 8-12	Faye McManoman (5) 71

Probable SP: 3 Gunnabedun, 11-2 Champagne Mondays, 6 Slainte, 7 Deconso, 8 Maisie Moo, 10 Miss Enigma, Superstition, 12 Terminator, 14 Milldaen Panther.

TRACK FACTS: L-H Fibres and course. GOING: Standard. STALLS: 6f centre; remainder inside. DRAW ADVANTAGE: Low 6f & 7f. Top jockey: A Rawlinson. Top trainer: M Appleby. Headgear first time: 6.00 Intermodal, Place Des Vosges, 7.30 Fern Owl, High Command, 8.30 Scarlet Skis. Longest travellers: Magic Sea (7.30) & Slainte (8.30) Ireland; Greenview Paradise (7.30) 243 miles.

abc

Hoffa.....B 3.25	Honest Vic.....C 3.15	Hovingham.....B 2.15	I'm A Game Changer.....3.15	Ionic Girl.....B 5.10	Ideal Candy.....B 6.10	Imperial Presence.....C 2.40	Innocent Touch.....C 5.25	Inspirational.....C 5.30	Inspired Thought.....S 6.00	Intermodal.....S 6.00	Jabbarockie.....S 7.00	Jack's Point.....N 1.50	Jackpot.....C 4.00	Jackson.....N 3.35	Jackdobra.....B 2.50	Jalmond.....N 4.45	Jean Scuttle.....N 5.20	Jenkins.....B 3.15	Junoon.....N 2.25	Just Wait.....B 5.00	Kamikaze Lord.....N 5.20	Karnaval.....N 5.20	Katinka.....B 5.40	Keystroke.....N 3.00	Kingdom Brunel.....B 5.40	Kings Monarch.....C 2.40	Kung Fu.....N 2.25	Kyle Rules.....C 5.30	Labag.....S 6.30	Laughing Luis.....C 5.30	Le Ligerien.....C 5.30	Le Patriote.....C 3.15	Leave En Alone.....C 6.10	Let's Be Happy.....C 6.00	Lightning Athlete.....B 4.00	Lili Wen Faan.....B 2.50	Lien Of Reason.....B 4.35	René's Girl.....C 2.45	Revie.....C 5.30	Rippet.....S 7.30	Rockpoint.....C 4.25	Rocky's Treasure.....C 5.00	Rodney.....B 2.50	Rouge De Charette.....B 3.15	Royal Marine.....N 3.35	Samba Saravah.....N 2.25	Samovarr.....S 7.30	Sandra's Secret.....C 8.30	Sapphire Jubilee.....S 8.00	Sassy Lass.....B 2.15	Scarlet Skis.....S 6.30	Schindlers Ark.....S 6.00	Search For Light.....B 4.10	Seasearch.....B 5.30	Secret Treaties.....N 4.10	Self Assessment.....N 5.20	Sense of Belonging.....S 8.00
------------------	-----------------------	----------------------	-----------------------------	-----------------------	------------------------	------------------------------	---------------------------	--------------------------	-----------------------------	-----------------------	------------------------	-------------------------	--------------------	--------------------	----------------------	--------------------	-------------------------	--------------------	-------------------	----------------------	--------------------------	---------------------	--------------------	----------------------	---------------------------	--------------------------	--------------------	-----------------------	------------------	--------------------------	------------------------	------------------------	---------------------------	---------------------------	------------------------------	--------------------------	---------------------------	------------------------	------------------	-------------------	----------------------	-----------------------------	-------------------	------------------------------	-------------------------	--------------------------	---------------------	----------------------------	-----------------------------	-----------------------	-------------------------	---------------------------	-----------------------------	----------------------	----------------------------	----------------------------	-------------------------------

NEWMARKET RTV IV4 1.50, 2.25, 3.0, 3.35

ROBIN GOODFELLOW	GIMCRACK
1.50 Breath Of Air	1.50 Breath Of Air
2.25 Uae Jewel	2.25 Uae Jewel
3.00 Brando	3.00 Equilateral (nb)
3.35 Royal Marine	3.35 ROYAL MARINE (nap)
4.10 Handmaiden	4.10 Clerisy
4.45 Cape Cavalli	4.45 El Misk
5.20 Over The Guns	5.20 Brian Epstein
NEWMARKET — 3.00 Dreamfield (nb); 3.35 ZAKOUSKI (nap).	

1.50—BET365 HANDICAP (2) (3-Y-0) £25,000 added (£16,172) 6f (11)

1 (7)	221232-	MOYASSAR 168 (DBF) R Hannon 9-7	Jim Crowley 74
2 (5)	624135-	JACK'S POINT 155 W Muir 9-6	Martin Dwyer 77
3 (1)	813-	BREATH OF AIR 172 (D) (S) C Hills 9-2	Ryan Moore 76
4 (2)	034752-	CHAPPELLI 8 (G) M Johnston 9-2	James Doyle 77
5 (8)	145-43L	DON ARMADO 46 (T) (D2) (G) S C Williams 9-1	Richard Kingscott 76
6 (10)	2114L4	OBERVY MARTELL 55 (D) (G) Eve J-Houghton 9-1	Charles Bishop 74
7 (3)	1126-	YOUSINI 217 (G) K Ryan 9-0	Tom Eaves 77
8 (9)	1219-	NAUGHTY RASCAL 172 (D) R Hannon 9-0	Tom Marquand 72
9 (11)	622240-	ALFIE SOLOMONS 193 Richard Spencer 8-13	Tom Queally 74
10 (6)	12-1	TOP BREEZE 23 (D) R Hughes 8-9	Shane Kelly 74
11 (4)	3185-	SHEILA'S SHOWCASE 19 D Coakley 8-4	David Egan 74

Probable SP: 11-4 Breath Of Air, 4 Chappelli, 5 Moyassar, 7 Top Breeze, 10 Yousini, 12 Obervy Martell, 14 Don Armado, Alfie Solomons, Naughty Rascal.

FAVOURITES: 1 0 1 2 2 1 1 0 (W 8-1)

2018: Maybride 3 8 10 (O Murphy) 6-1 R Fahey drawn (2) 9 ran.

Goodfellow's analysis Chapelli, who has some solid 2yo form, was beaten 1/2l by Ventura

Ocean at Pontefract (6f) on his comeback run and that should have put an edge on him. **BREATH OF AIR** beat subsequent Greenham Stakes winner Moth-

ather at Newbury last year before being beaten by San Donato in a Listed race at Doncaster. He still has the look of a horse with plenty of improvement in him.

2.25—BET365 WOOD DITTON MAIDEN STAKES (PLUS 10) (3) (3-Y-0) £15,000 added (£9,704) 1m (12)

1 (2)	AL	HAEER W Haggas 9-5	Jim Crowley 74
2 (4)	DAMLAJ	Owen Burrows 9-5	Dane O'Neill 76
3 (5)	DESERT ICON	W Haggas 9-5	James Doyle 76
4 (7)	GEOMETRICIAN	A Balding 9-5	David Probert 77
5 (3)	JUNOON	Sir M Stoute 9-5	Ryan Moore 76
6 (1)	KUNG FU	S Crisford 9-5	Silvestre De Sousa 76
7 (9)	MUTARAFFA	(H) C Hills 9-5	Richard Kingscott 76
8 (6)	SAMBA SARAVAH	J Nosedad 9-5	Jason Watson 76
9 (11)	UAE JEWEL	R Varian 9-5	Andrea Atzeni 76
10 (8)	WILD ANIMAL	S bin Suroor 9-5	C Soumillon 76
11 (12)	CAESONIA	C Hills 9-0	Jamie Spencer 76
12 (10)	INSPIRATIONAL	E Dunlop 9-0	Daniel Muscutt 76

Probable SP: 7-2 Al Hadeer, 4 Uae Jewel, 5 Wild Animal, 6 Junoon, Desert Icon, 14 Damlaj, 16 Samba Saravah.

FAVOURITES: 1 1 3 0 1 3 1 3 0

2018: Sawwaah 3 9 5 (Dane O'Neill) 25-1 Owen Burrows drawn (19) 19 ran.

Some beautifully-bred debutants including 400,000w Van Front colt **Al Hadeer**, Desert Icon, a son of Sea The Stars, and Wild Animal, a colt by Kingman.

But **UAE JEWEL**, a son of Dubawi, has an entry in the Dante Stakes which indicates a fair degree of promise at home.

3.00—CONNAUGHT ACCESS FLOORING ABERNANT STAKES (GROUP 3) (1) £60,000 added (£34,026) 6f (8)

1 (6)	242824-	BRANDYO 17 (C&D2C4D) (GS) K Ryan 7-9-7	Tom Eaves 77
2 (1)	11/26L-	DREAMFIELD 235 (C&D2BF) G Hills 9-9-7	James Doyle 76
3 (3)	081443-	EQUILATERAL 18 (DBF) (GS) C Hills 4-9-7	Ryan Moore 66
4 (4)	401556-	GIFTED MASTER 39 (T) (D) (S) C Williams 7-9-7	Adam Kirby 68
5 (7)	62/98-1L	KEYSTONE 39 (T) (D) (S) C Williams 7-9-7	Adam Kirby 68
6 (8)	113-55	SIR THOMAS GRESHAM 51 (T) (C&DDBF) (S) T Pinfield 4-9-7	M Dwyer 61
7 (2)	5116L7-	TIMES ARROW 213 (D2) (G) D O'Meara 5-9-7	Daniel Tudhope 65
8 (5)	212127-	YAFYA 242 (C&D3D) (G) R Hannon 4-9-7	Jim Crowley 72

Probable SP: 6-4 Brando, 3 Dreamfield, 11-2 Yafya, 7 Gifted Master, Equilateral, 20 Time's Arrow.

FAVS: 3 0 1 0 2 2 2 1 1 2 AGES: 7 5 4 4 4 4 4 4 6

2018: Brando 6 9 7 (T Eaves) 9-2 K Ryan drawn (6) 8 ran.

Lightly-raced Dreamfield is open to improvement and Equilateral would be a danger if his form could catch up with his reputation. However, **BRANDYO** is

mustard at Newmarket in April. He has won this race for the last two years plus a handicap at this meeting in 2016.

TRACK FACTS: PRINCIPAL MEETING. R-H course. GOING: Good to firm-good in places. STALLS: Far side course; far side. DRAW ADVANTAGE: None. Top jockey: W Buick. Top trainer: J Gosden. Placed in the race last year: 3.00 Brando (1st).

DUNDALK

EOGHAN O'BRIEN	GLENN BOY
5.45 Yesterdayoncemore	5.45 King Neptune
6.15 Sundance Star	6.15 Sundance Star
6.45 Al Batal	6.45 Seanie
7.15 Fivehundredmiles	7.15 Silk Cravat
7.45 Ingelara	7.45 All The Mollies
8.15 Pearlman	8.15 Pearlman
8.45 Magic Sea	8.45 Lean And Keen

5.45 —IRISH STALLION FARMS EBF MAIDEN (PLUS 10) (2-Y-O) €15,001 added (€9,240) 5f (4)

1	(1)	8381- MISS JABEAM 152 (B) (C&D) A A Howard 9-10.....	Oislin Orr (3)
2	(3)	324L-83 WILL BE KING 47 Patrick Joseph Hayes 9-10.....	Tom Madden (3)
3	(2)	4222- SUNDANCE STAR 222 K J Condon 9-9.....	W J Lee
4	(4)	26-7330 COMPTON'S FINALE 18 A Keatley 9-6.....	Leigh Roche

Probable SP: 6-5 Yesterdayoncemore, 6-4 King Neptune, 11-2 Shines Her Light, 8 Lisard Zara.

FAVOURITES: ————— 1 2
2018: Skitter Scatter 2 9 0 (R P Whelan) 5-1 P J Prendergast drn (1) 5 ran. YESTERDAYONCEMORE was well supported in the market when only finding an experienced rival too good on her debut over C&D a couple of weeks ago. With that run under her belt, the daughter of No Nay Never could be very hard to beat. Shines Her Light cost, 60,000 euros as a yearling and she is a half-sister to the Group 1 winner Ventura Storm. King Neptune is another newcomer to note, while Lisard Zara cannot be discounted.

6.15 —HEN & STAG PACKAGES AT DUNDALK STADIUM HANDICAP (3-Y-O) €11,000 added (€6,776) 5f (10)

1	(10)	9381- MISS JABEAM 152 (B) (C&D) A A Howard 9-10.....	Oislin Orr (3)
2	(7)	324L-83 WILL BE KING 47 Patrick Joseph Hayes 9-10.....	Tom Madden (3)
3	(3)	4222- SUNDANCE STAR 222 K J Condon 9-9.....	W J Lee
4	(9)	26-7330 COMPTON'S FINALE 18 A Keatley 9-6.....	Leigh Roche
5	(6)	8530- SUNSET NOVA 180 Andrew Slattery 9-5.....	Ben Coen (5)
6	(5)	172581- EMILY GRACE 173 (B) (C&D) M C Grassick 8-13.....	K Leonard (3)
7	(8)	7737L-4 JARROCHO 161 (T) D Marnane 8-12.....	Mark Gallagher
8	(2)	226L-68 DANDY BELLE 8 (B) Richard O'Brien 8-10.....	Chris Hayes
9	(4)	33254-3 ASSOCIATE ROCK 26 (H) Thomas Cleary 8-9.....	Rory Cleary
10	(1)	86377- OLAY POWER 161 (H) E Lynam 8-7.....	Danny Sheehy (5)

Probable SP: 10-3 Sundance Star, 7-2 Miss Jabeam, 13-2 Emily Grace, 7 Will Be King, Olaf Power, 8 Jarrocho, 10 Others.

FAVOURITES: ————— 3 (W 10-4).

2018: Gattardo 3 9 8 (M O'Connor) 5-1 J A Stack drwn (3) 8 ran. WILL BE KING made the frame in a decent maiden over 6f here last month and he could be hard to best in a handicap off a mark of 72. Sundance Star hit the crossbar on multiple occasions last year and she could prove to be the biggest threat to the selection, ahead of Miss Jabeam and Emily Grace.

6.45 —DUNDALK STADIUM BUSINESS CLUB 2019 CLAIMING RACE €10,000 added (€6,160) 6f (7)

1	(6)	2210- HATHIQ 18 (T) (D) Denis Hogan 5-9-9.....	Rory Cleary
2	(1)	5L380-1 BLUESBREAKER 33 (BT) (C2D) Ross O'Sullivan 7-9-4.....	Ronan Whelan

3	(4)	842439 KASBAH 18 (V) (CD2) A McGuinness 7-9-4.....	Colin Keane
4	(3)	23-8223 AR SAOIRSE 19 (BF) D Marnane 4-9-2.....	Oislin Orr (3)
5	(5)	83745-9 DOWNTOWN DIVA 11 (B) Jack W Davidson 4-9-0.....	Ben Coen (5)
6	(2)	225437 YOUR PAL TAL 19 (V) (C&D2D) J F Levins 9-8-13.....	W Lordan
7	(7)	10-4940 SEANIE 19 (B) (C&D2C) K Thornton 10-8-12.....	D McDonogh

Probable SP: 7-4 Kasbah, 5-2 Hathiq, 7 Bluesbreaker, 15-2 Your Pal Tal, 8 Ar Saoirse, Downtown Diva, 16 Seanie.

FAVOURITES: ————— 2 AGES: ————— 9

2018: Seanie 9 9 2 (D McDonogh) 7-2 D Marnane drwn (10) 9 ran. Ar Saoirse has been knocking on the door over 5f lately and could appreciate the return to 6f, over which he was narrowly denied in a handicap here in March. David Marnane's charge could be a tactical danger to all from the front in this small field, however, on these terms, the 72-rated KASBAH still looks the one to be on for win purposes. Hathiq, who sports a first-time tongue-tie, doesn't have many miles on the clock and is also respected at the weights.

7.15 —LMFM DUAL RACE NIGHT FRIDAY 3RD MAY HANDICAP (45-70) €11,000 added (€6,776) 7f (12)

1	(1)	414907 HEE HAW 12 (P) (C) A McGuinness 5-10-0.....	D P Davis (10)
2	(10)	0-12513 NISIOR DONN 9 (T) (C&D2) G Cromwell 5-10-0.....	D O'Connor (3)
3	(2)	4-68525 SILK CRAVAT 4 (C2D) J G Geoghegan 6-10-0 Ben Coen (5)	
4	(11)	413560- A LIKELY STORY 185 (P) (C&D) T G McCourt 6-9-8.....	Colin Keane

5	(7)	57-2450 DOLLAR VALUÉ 26 (P) (D) T G McCourt 4-9-7 Conor Maxwell (3)	
6	(4)	400L-33 FIVEHUNDREDMILES 12 (P) J J Lambe 6-9-6.....	Gavin Ryan (7)
7	(12)	8/1660-0 NAILED ON NINA 8 (D) Patrick Martin 4-9-6 Mark Gallagher	
8	(5)	1LL-05 PUSHGAP 33 (HT) Anthony McCann 6-9-5 Danny Sheehy (5)	
9	(9)	15413-5 FOOTSTEPS AT DAWN 12 (C) (C) Shane Nolan 4-9-2.....	Oislin Orr (3)

10	(6)	28007-0 PHOENIX LIGHTNING 8 (T) Ross O'Sullivan 4-9-0.....	W Lordan
11	(8)	004L5-4 ARCANEO 33 Thomas Cleary 4-8-11.....	Rory Cleary
12	(3)	3L7575 THREE MAJORS 19 (B) (C&D2C) Anthony McCann 6-8-6.....	Killian Leonard (3)

Probable SP: 3 Nisior Donn, 7-2 Fivehundredmiles, 5 Silk Cravat, 7 Footsteps At Dawn, 8 A Likely Story, 14 Three Majors, Dollar Value.

FAVOURITES: ————— 0 (W 8-11). AGES: ————— 5

2018: A Likely Story 5 8 6 (D E Sheehy) 10-1 T G McCourt drwn (7) 14 ran.

FIVEHUNDREDMILES posted a solid effort in defeat over 1m when third here last time and is entitled to take a forward step now cutting back in trip and fitted with first-time cheekpieces. Footsteps At Dawn finished fifth behind the selection off this mark last time and is capable of finishing on the premises, while SILK CRAVAT, a distance winner, makes some appeal on his 6f neck second off 1lb higher here in March.

7.45 —CROWNE PLAZA RACE & STAY APPRENTICE HANDICAP (45-65) €10,000 added (€6,160) 1m (10)

1	(3)	L482-18 CAUTIOUS APPROACH 18 (C&D) Richard O'Brien 4-10-0.....	Donagh O'Connor
2	(6)	215320 MULZAMM 8 (C&DD) Denis Hogan 7-9-13.....	J M Sheridan (7)
3	(5)	29155-2 TENNESSE WALTZ 26 (B) (C&D2D) D Marnane 8-9-12.....	Oislin Orr

4	(4)	0700-80 POETIC CHOICE 12 (B) (C&D3) K H Clarke 8-9-8.....	A C Persse (4)
5	(9)	L0-95 INGELARA 40 (T) J P O'Brien 4-9-2.....	Shane Crosse
6	(10)	L07-40 RED BLOODEDCRUISER 14 Shane Nolan 3-9-1.....	Tom Madden

7	(2)	0L-6466 LADY ROSEBUD 12 (C&D3C) Patrick Martin 5-8-13.....	Gavin Ryan (4)
8	(8)	4/6690-4 ALL THE MOLLIES 12 Mrs D Love 5-8-12.....	Killian Leonard
9	(1)	0L-0L0 ROCKAFILLY 42 (B) J Nash 4-8-9.....	C G O'Dwyer (7)
10	(7)	L06-L5 FILM NOIR 33 (B) S Lynan 3-8-7.....	Danny Sheehy

Probable SP: 3 Mulzamm, 7-2 Ingelara, 9-2 Tennessee Waltz, 5 All The Mollies, 8 Cautious Approach, 10 Lady Rosebud, 12 Red Bloodedcruiser, 14 Film Noir, 20 Poetic Choice.

FAVOURITES: ————— 0 (W 9-13). AGES: ————— 7

2018: Poetic Choice 7 9 13 (R P Downey) 7-1 K H Clarke drwn (7) 14 ran.

ALL THE MOLLIES showed no ill effects of an absence when finishing a creditable fourth over track and trip 12 days ago and with the benefit of that outing now under her belt, an improved showing could be on the cards. Tennessee Waltz has been running consistently well in claimers here over the winter and has place claims now back in a handicap. Any money for Joseph O'Brien's handicap debutant Ingelara would also be worth heading.

8.15 —AVENUE INN MAIDEN (3-Y-O) €12,500 added (€7,700) 1m 2f 150yds (5)

1	(3)	07-3 DUNKIRK HARBOUR 18 A P O'Brien 9-5.....	Donnacha O'Brien
2	(5)	00-0 LETHAL ENDEAVOUR 10 Andrew Slattery 9-5 Ben Coen (5)	
3	(2)	3-2 PEARLMAN 26 M Halford 9-5.....	Ronan Whelan
4	(1)	0- LADY OF LUXURY 260 M McNiff 9-0.....	Leigh Roche
5	(4)	03- MALLACOOTA 172 Mrs J Harrington 9-0.....	Shane Foley

Probable SP: 13-8 Dunkirk Harbour, 7-4 Mallacoota, 2 Pearلمان.

FAVOURITES: ————— 3

2018: Drapers Guild 3 9 5 (D O'Brien) 5-1 J P O'Brien drwn (2) 5 ran.

DUNKIRK HARBOUR was much improved for the step up to a mile on his reappearance at Navan last month and, having shaped like even further could be needed, it would be no surprise if the Ballydoyle three-year-old builds on that recent third now tackling 1m3f. Pearلمان was beaten less than a length over track and trip last time and is respected, while Mallacoota finished last season off in encouraging fashion when third at Leopardstown and the Australia filly has to be considered on her first outing of 2019.

FIVE-YEAR-RECORD

Jockeys: C Keane 115, S Foley 89, D O'Brien 67, W M Lordan 65, R P Whelan 60, D McDonogh 52, K J Manning 50, C D Hayes 46. Trainers: M Halford 127, A P O'Brien 76, J P O'Brien 72, A P O'Brien 68, D McDonogh 49, D Marnane 36, J F Levins 24, Patrick Martin 22.

L-H Polytrack course. GOING: Standard. DRAW ADVANTAGE: None. Live on RACING TV.

8.45 —DUNDALK STADIUM - LIGHT UP YOUR NIGHT HANDICAP (45-65) €10,000 added (€6,160) 1m 4f (14)

1	(14)	24-5353 ALCANDER 26 (T) (C&D) Francis J Flood 6-10-0.....	Kevin Manning
2	(4)	0-8045 ROCKFISH 3 (P) (C) J P O'Brien 4-9-13.....	H J Horgan (10)
3	(7)	1723-80 EARL OF BUNNACURRY 18 G Cromwell 5-9-12.....	Gary Carroll
4	(9)	4047/3 BRUNNEALL 497 Thomas Cleary 5-9-11.....	Rory Cleary
5	(8)	L05L-07 GLENBANK KING 3 (B) (D) L Smyth 11-9-9.....	Conor Maxwell (3)
6	(3)	7007L-9 LEAN AND KEEN J31 (B) (C) S Byrne 9-9-5.....	Tom Madden (3)
7	(2)	662323 SHARJAH 3 (B) (C&D3C6D3) Andrew Slattery 9-9-5.....	A J Slattery (7)

8	(10)	88-96 JAZZY J 3 (T) Anthony McCann 4-9-4.....	Danny Sheehy (5)
9	(13)	1169/0-3 MISTINESS 12 (B) K H Clarke 8-9-3.....	Robbie Colgan
10	(12)	947-155 MISS LOUISE 12 (C&D) Mrs D Love 4-9-1.....	Killian Leonard (3)
11	(1)	76-6434 DAYEREH 12 (T) M McNiff 5-9-0.....	D McDonogh
12	(11)	090/0-9 SHOOFLY 103 (D) Miss N Lupini 6-9-0.....	Shane Foley
13	(5)	093880- LADY MAGDALA J25 (P) P McCreery 5-8-8.....	Leigh Roche
14	(6)	89/00-0 LANGHAM 61 (P) D J Barry 6-8-8.....	Nathan Cosse

Probable SP: 10-3 Sharjah, 9-2 Mistiness, Dayereh, 6 Alcaner, 13-2 Miss Louise, 8 Rockfish, 14 Lean And Keen, 20 Earl Of Bunnacurry.

FAVOURITES: ————— 2 (W 9-6). AGES: ————— 5

2018: Schoolboy Error 5 9 6 (C D Hayes) 9-2 Shane Nolan drwn (8) 11 ran.

Andrew Slattery's consistent course regular SHARJAH made the podium once again on Sunday and, up to a trip he was only beaten a nose over off just 1lb lower the time before, he rates as the one to beat. Mistiness was back in third in that course and distance contest and shouldn't be far away off the same mark, while Alcaner has to be respected tackling a track and trip he has thrived over in the past, with Kevin Manning returning to the saddle.

 PERFECT PARTNERS — Jockey/trainer with a good record (to €1 stake over the last 5 years)

6.45 Seanie (1st); 7.15 A Likely Story (1st);

7.45 Poetic Choice (1st).

DROP A HINT — Horses dropped most from winning handicap marks.

7.15 Silk Cravat (won off 70 down 3lb to 67); Pushag (16lb); Three Majors (7lb); 7.45 Poetic Choice (6lb); Lady Rosebud (11lb); 8.45 Sharjah (16lb).

BEVERLEY RTV

2.15 —FIND PROMO CODES AT ACEODDS.COM EBF NOVICE AUCTION STAKES (DIV 1) (5) (2-Y-O) €6,400 added (€4,033) 5f (11)

1	(11)	THE GINGER BULLET R Fahey 9-5.....	Paul Hanagan
2	(10)	COCK ROBIN K Ryan 9-4.....	Kevin Stott
3	(3)	BIRDIE BOWERS M Dods 9-3.....	Paul Mulrennan
4	(8)	CHOCOLIC B Smart 9-3.....	Graham Lee
5	(4)	TONICUN VALLEY B Ellison 9-3.....	K Schofield (7)
6	(9)	0 HELL OF A JOKER 18 (P) W G M Turner 9-2.....	R While (5)
7	(2)	62 BIRKENHEAD 15 (BF) M Channon 9-1.....	Callum Shepherd
8	(7)	HOVINGHAM N Tinkler 9-1.....	Rowan Scott (3)
9	(6)	4 LEAVE EM ALONE 9 P Evans 8-11.....	J Fahy
10	(5)	SASSY LASSY David Loughnane 8-11.....	T Whelan
11	(1)	2 BETTYS HOPE 14 B Millman 8-10.....	Joe Fanning

Probable SP: 2 Birkenhead, 7-2 Bettys Hoep, 13-2 Leave Em Alone.

2018: Meeting abandoned due to Waterlogged course.

2.50 —FIND PROMO CODES AT ACEODDS.COM EBF NOVICE AUCTION STAKES (DIV 2) (5) (2-Y-O) €6,400 added (€4,033) 5f (10)

1	(2)	4 GIN GEMBE 9 K Burke 9-5.....	Ben Curtis
2	(5)	TROUBADOR M Dods 9-3.....	Paul Mulrennan
3	(10)	COMETACHOO T Easterby 9-2.....	David Allan
4	(4)	NODDY SHUFFLE M W Easterby 9-2.....	Nathan Evans
5	(3)	PUERTO SOL B Ellison 9-2.....	Ben Robinson (3)
6	(1)	RODNEE TEE D O'Meara 9-2.....	C McGovern (3)
7	(6)	JAKODOBRO B Smart 9-1.....	Graham Lee
8	(9)	LILI WEN FACH 9 P Evans 8-12.....	J Fahy
9	(8)	NOTSALGIC AIR Mrs R Carr 8-11.....	James Sullivan
10	(7)	VODKA DAWN Philip Makin 8-11.....	Sam James

Probable SP: 9-4 Gin Gembre, 4 Lili Wen Fach, 11-2 Rodnee Tee.

3.25 —FOLLOW US ON TWITTER AT BEVERLEY RACES HANDICAP (4) (3-Y-O) €9,597 added (€5,419) 1m 1f 207yds (6)

1	(1)	553231- GABRIAL THE ONE 177 (S) R Fahey 9-7.....	Sean Davis (5)
2	(3)	2L553- FRASER ISLAND 146 M Johnston 9-5.....	Joe Fanning
3	(4)	8-31 BOUTONNIERE 35 D A Balding 9-5.....	Joshua Bryan (3)
4	(6)	5426- WHISKEY AND WATER 222 (BF2) B Ellison 9-0.....	Ben Robinson (3)
5	(5)	64344- HOFFA 194 M Dods 8-12.....	Paul Mulrennan
6	(2)	3837- SIMON'S SMILE 145 K Burke 8-9.....	Ben Curtis

Probable SP: 9-4 Boutonniere, 5-2 Gabriel The One, 7-2 Whiskey And Water.

4.00 —ARGRAIN LTD REMEMBERING LAURA BARRY HANDICAP (4) (3-Y-O) €9,597 added (€5,419) 1f 96yds (10)

1	(5)	731-2 ATTAINMENT 17 (DBF) J Tate 9-7.....	David Allan
2	(8)	128-1 OLOSORO 25 (D) A Balding 9-6.....	Joshua Bryan (3)
3	(2)	41006-2 PACINO 21 R Fahey 9-5.....	Tony Hamilton
4	(7)	2215- AXE AXELROD 217 M Dods 9-5.....	Paul Mulrennan
5	(3)	421L-7 AZOR AHAI 21 (G) M Channon 9-5.....	Callum Shepherd
6	(4)	254-1 CITY TOUR 15 (D) M Johnston 9-4.....	Joe Fanning
7	(6)	33033-2 LIGHTNING ATTACK 15 (P) R Fahey 9-4.....	Graham Lee
8	(9)	512247- STRONSAY 180 (D) (S) B Smart 9-2.....	Paul Mulrennan
9	(10)	8061-6 JACKAMUNDY 15 (D) (G) B Carroll 9-0.....	Kevin Stott
10	(1)	154L5- PEARL OF QATAR 208 (C) (G) B Ellison 8-10.....	Ben Robinson (3)

Probable SP: 7-2 Oloroso, 4 Attainment, 5 Lightning Attack, 6 Pacino, City Tour.

4.35 —HAPPY 70TH BIRTHDAY MY SPECIAL MUM KATHIE HANDICAP (3) €12,000 added (€7,470) 5f (8)

1	(2)	31112-4 SANDRA'S SECRET 2 (C&D2D) (G) J L Eyre 6-9-10.....	NON RUNNER
2	(5)	243243- WENTWORTH FALLS 214 (D) G Harker 7-9-7.....	David Allan
3	(8)	4L243L- LINE OF REASON 172 (C&D5) (P) Midgeley 9-9-7 Joe Fanning	
4	(4)	4023-LL TERUNTUM STAR 89 (D) (GS) K Ryan 7-9-6.....	Kevin Stott
5	(6)	26-2431 BALLYWATER 47 (P) (D) (G) D O'Meara 9-9-4.....	David Nolan
6	(3)	691418- WILL DYLAN 207 (D4) (S) D O'Meara 4-9-1.....	C McGovern (3)
7	(7)	153060- RAPID APPLAUSE 172 (C&D) (S) M W Easterby 7-9-1.....	N Evans
8	(1)	4126L-2 AIRSHOW 205 (H) (S) M Appleby 4-8-10.....	Luke Morris

Probable SP: 9-4 Watchable, 11-4 Airshow, 3 Wentworth Falls, 10 Billy Dylan.

SPORT IN BRIEF

UEFA CHAMPIONS LEAGUE QUARTER-FINAL, SECOND LEGS

BARCELONA.....(2) 3	MAN UTD.....(0) 0
Messi 16, 20, Coutinho 61	96,708
Agg: 4-0	

JUVENTUS.....(1) 1	AJAX.....(1) 2
Ronaldo 28	Van de Beek 34
41,000	Agg: 2-3
De Ligt 67	

PREMIER LEAGUE

BRIGHTON.....(0) 0	CARDIFF.....(1) 2
30,226	Mendez-Laing 22
	Morrison 50

LADBROKES SCOTTISH CH'SHIP

MORTON.....(2) 2	INVERNESS CT.....(1) 2
Lyon 27	McDonald 18
Killie 42 (pen)	McCauley 88
	1,315

Ross County.....	33	19	8	6	54	30	24	65
Dundee Utd.....	33	17	8	8	45	39	6	59
Ayr.....	32	14	8	10	46	32	14	50

171 - Mohan, Kings XI Punjab
overs, Rahul 52), Rajasthan
170-7 (20 overs, Tripathi 50).
Punjab win by 12 runs.

CHAOS IS GOING TO PLAY A BIG ROLE

Lancaster wary of French ability to rack up scores

THE third instalment of Leinster v Toulouse is looming large. With four European titles apiece, there was huge excitement when these sides were drawn together in Pool 1 this season.

Toulouse announced themselves as major contenders with a 28-27 triumph over Leinster last October before Leo Cullen's squad got their revenge at the RDS the following January, hammering the visitors 29-13 to top the group.

Now, they will meet again in a European semi-final in Dublin this Sunday. Toulouse warmed up for that with an exhilarating 47-44 win over Clermont last weekend while Leinster lost a nine-try thriller to Glasgow.

That frantic contest may just prove the perfect preparation for Toulouse. Stuart Lancaster often talks about wanting his players to be 'comfortable in chaos' and that will certainly need to be the case this weekend.

'They are very different from the way any other team would play,' said Leinster's attack coach.

'Glasgow, to be fair, was good preparation, obviously we didn't come



by **RORY KEANE**

out on top in that one.

'There were plenty of lessons to talk about in the review from the Glasgow game.

'They'd be a similar type of team with the likes of (Stuart) Hogg and (Tommy) Seymour, guys who like to score tries off counter-attack, off unstructured rugby.

'Toulouse are another level above that at the moment because you can see by how many tries they've scored this season. It's a big week for us in terms of our defence, there's no doubt.

'But also, it's not generating opportunities for them to launch their counter-attack by being effective with the ball as well.

'What we did well in the RDS is we played good, attacking rugby but we retained possession well and built pressure on them.

'It took us until 60, 70 minutes to break them but we got there in the end.'

Lancaster (left) and the rest of the Leinster



Delight: Toulouse's Maxime Medard celebrates his side's win over Leinster last October

brains trust will have spent the last few weeks devising a plan to shut down Toulouse's stellar backs.

From their talented half-back Antoine Dupont, equally at home at scrum-half or out-half, to their electric Springbok wing Cheslin Kolbe, they are loaded with attacking threats.

'They have the ability to score tries in so many different ways,' said Lancaster.

'They can overpower you. They can beat you on the counter-attack.

'Their ability to keep the ball alive and generate successions of tries on momentum.

'If you look at the rankings of who has made the most line-breaks in the Top 14, it's Toulouse.

'Who has made the most metres? It's Toulouse. Who has the most defenders beaten? It's Toulouse.

'They just have an unbelievable

chemistry through the team in how they create momentum in attack.'

Having Johnny Sexton back is a major boost for the province. Leinster's captain has not played for the province since his tempestuous display against Munster at Thonond Park on December 29, but Sexton looks on course to start his side's biggest game of the season.

'He certainly has a good chance,' said Lancaster.

'We had a good talk about the Six Nations with all the Ireland players when they came back into camp.

'It is important to take the learning from them and upskill them, update them on what we're doing at Leinster. We did that pretty successfully.

'Johnny's been in and around the camp the whole time. It's not like he's not been here.'

Speaking of leaders in the squad, Sean O'Brien is another

frontliner who has plenty to prove. The Tullow flanker is nearing the end of his Leinster career before he heads off to London Irish next season.

O'Brien has had a quiet season by his own lofty standards but season-ending injuries to Josh van der Flier and Dan Leavy mean he is now the main man at open-side for the business end of this campaign.

'It's good for him now, because he knows that without Dan or Josh there, we need him,' added Lancaster.

'We need him playing in that No 7 role so he can completely focus the attention on that. The good thing is that on the bench, you've got the likes of Max (Deegan) or Caelan (Doris) who are young players, who have great experience as well.

'But I think he's getting there. Another good week this week and I'll think he'll be flying on Sunday.'

■ **FORMER All Blacks** full-back Israel Dagg has opened up about his mental health struggles, admitting that there were times when he 'hated rugby'. Dagg, who won 66 caps for New Zealand, announced his retirement from the game last week due to a knee injury. The 30-year-old, who was a key player in the 2011 World Cup-winning squad, revealed that missing out on selection for the 2015 edition of the global showpiece left him devastated. 'I was down, I hated rugby,' he said.

RUGBY SHORTS

■ **FORMER France** scrum-half Fabien Galthié is set to become France's new head coach after the World Cup. Galthié, who has had coaching stints with Montpellier and Toulon, is set to join Jacques Brunel's coaching team ahead of the tournament in Japan before taking over as head coach on a four-year deal heading towards France's home World Cup in 2023.

Bleyendaal ready to fill Carbery void

By **RORY KEANE**

whether injured or not, he gives the same amount of input every week.

'He sits in on every meeting and he is just one of those guys in the team that is a real energy giver. He doesn't say that much, but what he says has got some real value and he is a massive influence at Munster.

'There was a lot of questions asked as to why I re-signed him and it is specifically for weeks like this.

'He is a great man, a very good rugby player, he understands the game of rugby and I think we are very lucky to have him.'

Rory Scannell is set to start

alongside Bleyendaal this weekend. Very much a playmaker inside centre, Scannell is relishing the prospect of linking up with the former Canterbury Crusader.

'He's incredibly intelligent,' he said. 'He's one of these guys who could go straight into coaching if you asked him today.'

'He's very calm in the way he delivers his messages, even on the pitch when there's those tense moments. 'There might be a score in it in a big European match and he just sticks with the process, sticks to our game-plan,' he added.

'He helps calm the guys around him as well and when you see that in your main play-maker it helps keep you calm as well.'



DRAWING THE LINE

Players know when to party and when to get serious - Keegan

IT'S certainly not how Lee Keegan imagined last year unfolding: on the lash in some of Munich's best beerhalls at Mayo teammate Kevin McLoughlin's stag weekend.

For someone who insists 'I'm the driver for all the weddings!', it was a chance to let the hair down after a strange sort of summer spent watching the climax of the Championship unfold as a spectator. Towards the tail-end of this year, he'll tie the knot himself, a sign of how life is changing for the four-time All-Star who now has a National League medal to his name after Mayo's emotional breakout win against Kerry.

By a dint of timing, the trip to Germany coincided with the first round of county team trials under returning manager James Horan.

'We went for a bank holiday and it was a bit of fun. I think that's something with James as well, he treats us like adults. I think this whole myth around you're nearly a 30-year-old lad, you can't go drinking, I think you have to debunk that because I mean if you can't be treated like an adult, then you're not going to act like one in training,' said Keegan.

'We definitely had an enjoyable summer, in terms of spending time with friends and family and going on holiday. Obviously there was that bit of regret when you get back here and watch teams playing at the back end of the season and you're not there so that was tough. Like things like that we definitely got to enjoy, we'd a great weekend, we'd a bit of holidays in the winter, got to



by **PHILIP LANIGAN**

spend time with the family and the fiancée, so ticked a lot of boxes before we went back to another gruelling season.'

As part of a high-performing Mayo team that has done everything bar get over the line in an All-Ireland final, he gives an insight into the team culture that is driven by the players when he says the days of drink bans are long gone.

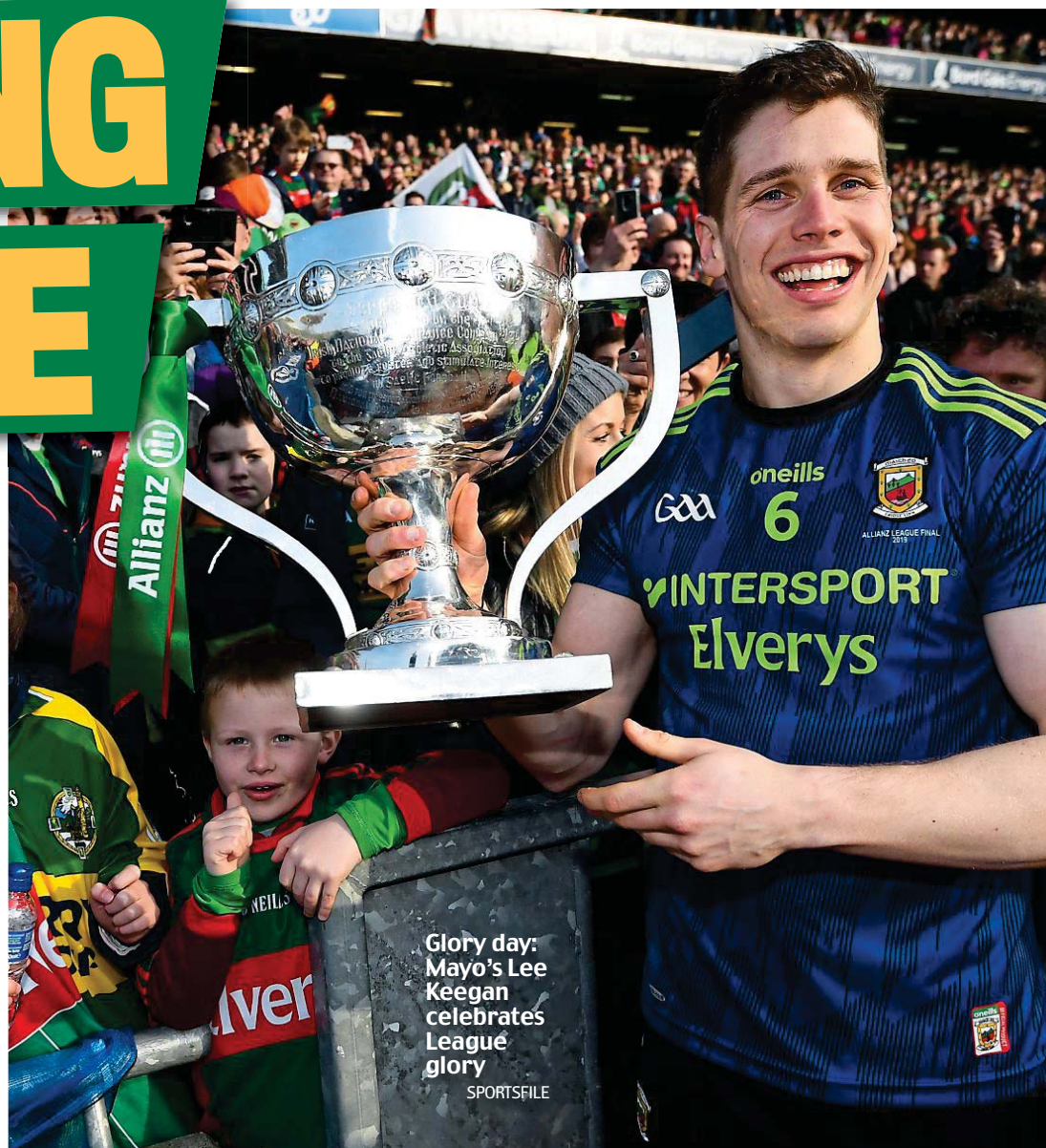
'There's no drink ban. If you want to be playing at the highest level it's really at your discretion and it'll show up if you're not performing that you're not doing your stuff outside of training.'

'I think it's just crazy, getting people to sign contracts. As I said, we're adults. If you treat us like adults we will act like adults and if you start putting bans on lads that's

where you start losing respect and you won't get the best from lads. Young lads are a bit different to the older lads who know their bodies well. It's very much individual, if lads want to have a few drinks, absolutely and if lads don't that's fair enough as well. There's no red line really.'

'You sit in the pub even having a Miwadi and the heads are staring over at you, "Why is he in here?" If you can't have a normal life like that, what's the point of... I think it's just the culture within GAA.'

'I always look at professional sports and particularly rugby; they have their few beers after their game and they train two days later and perform at the



Glory day: Mayo's Lee Keegan celebrates League glory

SPORTSFILE

MAYO ACE TIPS FORMER BOSS ROCHFORD TO BE A MAJOR SUCCESS IN DONEGAL SET-UP

ON the same weekend Mayo lifted the Division 1 trophy, a Donegal team with former Mayo manager Stephen Rochford part of the coaching set-up won the Division 2 crown. 'I think it's a huge plus for Donegal that they got

Stephen Rochford to be honest,' says Keegan. 'He brought us within a kick of a ball in two All-Irelands, so you can't underestimate what he brought to us in the Mayo set-up. 'Definitely Donegal have got a bonus

there, and the way they are playing their football they look like a very expansive and attacking team. 'So yeah, it was strange watching but I was delighted seeing him winning at Croke Park with Donegal,' added the Westport clubman.

highest level the week after. That's the way the GAA should look at it as well, it's life.

'If you can't enjoy life with a bit of success, or even if you lose, to have a few beers with your mates, that's part of sport and you have to have that as well.'

'There has to be a balance. If you are always locked into GAA, what is there out there for yourself? As I always say, when you

finish Gaelic, what do you do to replace being in that bubble of GAA? You have to look at your work and family life. I'm getting married this year, so I'm under pressure already! Those are the things you have to look at, they are important.'

It says everything about the focus in this Mayo team that the celebrations after the League final lasted just the Sunday night

before Keegan says he was back training with his club Westport on the Tuesday night. That victory book-ended a run of heart-breaking defeats in finals for Keegan, and the nucleus of this team, as they look ahead to a first round Connacht Championship trip to New York on May 5.

Yesterday, the former Footballer of the Year was back at Croke Park to launch the 2019 John West National Féile as a four-year sponsorship extension was announced until 2022.

'To win any national title in Croke Park, is a significant moment. People are saying, "How is that going to colour our approach?" As much as we want to dwell and look back and say, "we won a national title", if you're not in the frame of mind to be looking forward to New York, you're not going to get picked.'

What he wants is for Mayo to use the county's first League title since 2001 as a springboard to greater things in the summer.

'To win it in the manner we did was definitely a psychological boost. We have to look at ourselves for Championship and say, "That's only a stepping stone to where we need to get to".'



Up for it: John West ambassador Aaron Gillane with Daniel Kane (13) and Mia Rooney (13)

GILLANE: FINAL GOAL WAS LUCKY

AARON GILLANE has described his wonder goal in the Allianz Hurling League final as a 'fluke'. Already hailed as a Goal of the Season contender, he played down his volleyed flick to the back of the net against Waterford, despite the outrageous level of skill and timing required to make it all happen. 'Noel Connors was out in front of me, I was like, "Jeez, he has this now and

By **PHILIP LANIGAN** he's going to break it down in front of him". 'I was actually going to run out to the side first and then Tom [Morrissey] was slow lifting his head. I don't know why he drilled the ball so hard either. It was all a fluke. He never hits the ball in like that, and Noel Connors is never going to miss the ball like that again either. I don't know,

I think it was just instinct and I was lucky, I got a little touch on it.' In fact, he punctures the myth that Limerick are going 'too well', pointing out the flaws in his own performance on a day he bagged nine points (five from play) and a Man of the Match award to go with his brilliantly improvised goal. 'I actually watched it back. I was actually cringing watching it. I had

eight or nine wides and I was like, "Jeez, how did he get Man of the Match in this?" But it was good from the point of view that after every match you always have stuff to work on. So I watched it and threw on a pair of shorts and then went straight up to the field and hit a few shots. 'I'd drive myself mad trying to perfect things but it's good to have things to work on.'

Suits you:
Tiger Woods
dons his
fifth green
jacket GETTY

McIlroy may be realising that Tiger's mastery of Augusta is beyond him

Falling short: Rory McIlroy at Augusta last week PA

GREEN WITH ENVY

MAGNOLIA Lane is now Rory McIlroy's Via Dolorosa. The most famous avenue in sport, dappled in light as the sun is filtered through proud, old trees, beckons contenders to the Masters every April.

The sight of it must be making McIlroy shudder now. Augusta is a problem he cannot solve.

He finished in a tie for 21st this year, his worst finish since tying for 25th in 2013.

After that latter under-performance, his record picked up; he tied for eighth in 2014, came fourth a year later, was in a tie for tenth in 2016, seventh in 2017 and last year, started the Sunday in contention before fading to a tie for fifth.

In none of those years has McIlroy been in serious contention for a green jacket. Since 2011 and his collapse from a winning position on Sunday's back nine, he has not come close to winning the Masters.

When he returns to Augusta next April, it will be nine years since that extraordinary collapse. Over a third, perhaps close to a half of his career as an elite contender, will have passed.

And the prize he wants most



by **SHANE McGRATH**

will still have eluded him. He will have to reconcile himself, as well, to the fact that he has long stopped being the game's precocious star.

In 2011, when he teed off for his final round four shots clear at the top of the leader-board, he was 21 years of age. He finished adrift, tied for 18th. Two players under 30 were in the top 10: winner Charl Schwarzel, who was 26, and Jason Day, 23 at the time.

Experience was still seen as critical to contending.

On Sunday, Tiger Woods drew on his exhaustive reservoirs of the stuff to claim an unforgettable triumph.

But the top 10 at the end of play included five players under 30: Brooks Koepka, Xander Schauffele, Tony Finau, Patrick Cantlay and Jon Rahm.

Four of them were varsity stars, tipped for successful professional careers long before they graduated (Finau was the exception, an intriguing character who turned professional at 17 and scabbled on minor tours including the NGA Hooters Tour before

earning his PGA tour card five years ago).

Technology has changed the sport since that 2011 Masters, and McIlroy's power off the tee, a crucial strength on his emergence, is no longer exceptional. He ranks fourth on the tour this season for distance, which shows this area of his game remains a strength, and he leads the statistics for shots gained off the tee this season.

His power off the tee is no longer exceptional

This part of his game is no longer the pronounced advantage it was. Pdraig Harrington predicted as much after one of McIlroy's majors. He was interviewed by Pat Kenny and invited to marvel at the achievement of McIlroy, which he duly did.

But typical Harrington, he had more to offer than handy platitudes. A generation of players was emerging, he said, shaped by

the American college system and a dedication to strength and fitness that would match McIlroy for power.

And that has come to pass. Cantlay and Koepka average just three yards less than McIlroy for their average drive this season, and Rahm is seven yards less.

That has heightened the emphasis McIlroy must place on other aspects of his game, particularly putting.

It remains a weakness; he is ranked 57th on the PGA tour for strokes gained in putting. In Augusta, he was 35th. That was actually ahead of Woods, but the solidity and discipline that marked Woods' game from the start compensated.

That was reflected in his leading the greens in regulation statistics; he repeatedly gave himself a chance. McIlroy rated 50th. The entire tournament was another study in frustration for him.

In excusing himself from this year's Irish Open, he said the priority was the Open in Portrush, 'what could be the biggest event of my life'.

Special as it will be for him to have the Open on a course he knows so well, McIlroy has won the Open. Had he won at Augusta, it would have been the highlight not just of his season but of his career so far.

But it looks as remote a possi-

bility as it must have done on that traumatic Sunday night eight years ago when a round of 80 diverted him from seemingly inevitable victory to a nightmare — one from which he is still trying to awaken.

He would undoubtedly dispute that, but his record speaks in stark terms. So, too, does his reaction to the various underwhelming years he has had at Augusta.

On one occasion, he intimated the difficulty was mental. 'Once I overcome that mental hurdle that I'm struggling with at the minute, then I know how to play this course,' he said in 2016.

A year later, he blamed the golf balls he used.

He has worn a path in the fairways playing practice rounds to prepare for the Masters; other years he has arrived later and played less.

A multitude of correctives have been applied but his misery goes on. On Sunday night, he wondered if he had missed a trick in not playing at the Texas Open the week before the Masters.

'I realised over the past couple of years the best way for me personally to get ready for tournaments is play the week before, usually.'

Rory McIlroy keeps searching for answers. Augusta remains inscrutable.

RUSSELL READY TO DEFEND HIS IRISH OPEN TITLE

RUSSELL KNOX has confirmed he will defend his Dubai Duty Free Irish Open title at Lahinch on July 4-7. The 33-year-old Scot clinched the Rolex Series event with a play-off victory over Ryan Fox at Ballyliffin last summer. Knox (right) has

since slipped from 49th to 65th in the world rankings, managing one top ten finish in 2019, at the Phoenix Open. Based in the US, Knox joins the likes of Tommy Fleetwood (15th in the world), Louis Oosthuizen

(21st) and former world number one Lee Westwood in the field.



With Rory McIlroy skipping Lahinch, Shane Lowry, Pdraig Harrington and Graeme McDowell will spearhead the home challenge.

Maguire set for Women's PGA

LEONA MAGUIRE has accepted a special exemption to compete in the Women's PGA Championship on June 18-23, at Hazeltine National Golf Course in Minnesota. A member of the Symetra Tour, Maguire claimed her first professional victory earlier this month in the Windsor

Golf Classic. 'I could not be more excited,' said Maguire, who spent more weeks (135) as the world's top-ranked amateur than any player in the history of women's golf. 'It's going to be special week competing in this major championship against an elite field on a golf course with so

much history.' Maguire, the 2017 Ladies' British Open Amateur Champion will be among a field of 156 that includes the best players in the game. Among them are defending champion Sung Hyun Park, World No. 1 Jin Young Ko and Americans Lexi Thompson,

Cristie Kerr and Stacy Lewis. Cavan native Maguire, aged 24, is currently ranked No. 232 in the Rolex Women's World Golf Rankings. The Women's PGA Championship offers a purse of \$3,850,000, among the highest in women's golf.

PHILIP QUINN

The words
of Delaney's
father have
come back
to haunt FAI

In the dark:
Kieran Mulvey
(left) and John
Treacy of Sport
Ireland;
(below) John
Delaney COLLINS

YOU JUST CAN'T BEAT CITY HALL

FOR some, the gripping events in Leinster House yesterday were the worst of times for Irish football; for others, they were the best.

Like a boil of puss that needs lancing, poison flowed across the floor of committee room four.

The purge has taken longer than some of us who report the FAI beat expected, but as the flood-gates of transparency were finally prised open, it hit home with the force of a tsunami.

A week after what Sports Minister Shane Ross described as a 'shambolic' FAI performance to the Oireachtas watchdogs, the former CEO, John Delaney, is on 'gardening leave', two senior directors have quit and the other seven, including president Donal Conway, say they will step down in the coming months.

If there is a doorman called Carlton at the FAI headquarters Abbotstown, he may well be given the keys of the association.

Because right now, there's nobody else you'd trust.

The lack of trust was brought up on TV last night when the respected figures of Niall Quinn and Brian Kerr spoke of the major rebuilding work that is needed when the crimson embers of this crisis eventually fizzle out.

Quinn suggested a re-branding for the FAI, not unlike the OCI who have rebuilt from the Pat Hickey ticketing scandal of the Rio Olympics.

While Liam Brady, another who cares deeply about Irish football, said he'd help identify new blood

Philip Quinn

to steer the association away from the fire storm.

Even at the 11th hour, when they met Sport Ireland on Monday night to discuss a governance group to oversee a new direction for the sport, the FAI's arrogance was evident.

Rather than inform Sport Ireland of the trouble ahead with the company accounts signed off by auditors Deloitte and Touche, they kept schtum. 'They ran rings around you,' said Sinn Féin TD

**"John Delaney
wasn't visible
but you knew
he was there"**

Imelda Munster.

Sports Minister Ross rightly branded the timing of the accounts development as 'bizarre' as this should have been identified months ago.

Worryingly for the FAI, a failure to keep proper accounts is a breach of company law that can lead to criminal charges and even jail terms for those at fault.

'They knew about this. Why

didn't they tell you before the meeting?' said Fergus O'Dowd, the committee chair to Sport Ireland duo John Treacy and Kieran Mulvey.

'It's a disgrace the way you were treated. It was absolutely contemptuous,' he added.

The FAI blazers also went over the head of Treacy when they informed Ross yesterday morning about the pending resignations of the board once a new governance group is put in place.

There's a lot of pending going on as Delaney is watering his roses, 'pending' an investigation into the FAI's financial affairs and its corporate governance.

He's also still on the pay-roll too, according to Mulvey.

Delaney was like Banquo's ghost in Leinster House yesterday. He wasn't visible but you knew he was there.

As politicians squealed in protest, and Treacy and Mulvey tried to steer clear of legal icebergs, Delaney was the one person who could have explained it all.

Only, he is no longer on the bridge. Instead, he's been tossed overboard and is bouncing behind on a dinghy as the SS FAI heads for the rocks.

Almost certainly it was Delaney of whom Mulvey was thinking when he said, 'certain matters may arise' which may involve an 'existing person'.

As wave after wave of anger and

confusion washed across the Dáil, there was a sense all of this is heading out of a legal playing field to somewhere more sinister.

For others have twitching antennae about how the FAI conduct their business. The Office of the Director of Corporate Enforcement is now on the case, and possibly the Gardai too, down the road.

O'Dowd is adamant the ODCE should 'seize control' for a forensic investigation of the FAI's

**"Can the old
guard of the
FAI board seek
re-election?"**

finances. He's not comfortable with the FAI appointees, Mazars.

'Mazars is not the way to go, they are getting paid (by the FAI),' he said.

Money is at the root of all this evil, right from the moment Delaney's €100k loan became public. Even now, when their reputation is on the floor, the FAI won't explain the circumstances of

that particular transaction.

It may not matter as Sport Ireland have seen and approved the terms of reference of the Mazars investigation, which is understood to cover Delaney's expenses as CEO.

Just how the FAI are going to pay for three in-house reports, Delaney's salary, and cover day-to-day costs, remains to be seen.

Because they can't have a lot left in the kitty, not when the government tap remains turned off. And Ross was making no promises yesterday about restoring a cent of funding until some sense of order is restored.

Much has yet to be clarified.

Can the old guard of the FAI board go forward for re-election? Should the process to find a new CEO be put back until the AGM? Is the post of executive vice-president to be abolished?

Who will select the representatives for the new board, which will include a players' voice for the first time?

Perhaps it was just as well there was no one from football present to hear judgement passed on the sport they love.

Old and young, male and female. They have all been let down, terribly, by a discredited former CEO, by a limp board of directors, and by the FAI's own archaic rules of command.

In the end, it was the government who blew the full-time whistle on the entire mis-management. It was expected because, ultimately, you can't beat City Hall.

Curiously, it was a favourite phrase used by former FAI treasurer Joe Delaney, father of his now ostracised son.

◀ FORMER CEO CLINGS ON AND IS LIKELY TO STAY ON THE PAYROLL - News, Page 4

Liverpool need to add trophies to the tributes

LIVERPOOL arrived in Portugal late last night to be greeted by a compliment from Porto manager Sergio Conceicao that was as unexpected as it was gushing.

'I like their game model,' Conceicao purred, while Liverpool were in transit. 'I like the way they play and the way they are with the ball — and without it also. It is similar to how I see football. In a lot of these moments in a game, they are the best team in the world.'

They were, as Jurgen Klopp and James Milner were quick to recognise, nice words but while Liverpool's manager raised an eyebrow about the legitimacy of the sentiment — an attempt, perhaps, to lure them into a false sense of security — his vice-captain went about pulling the claim apart.

Though Liverpool's form is blistering and they are odds-on to reach the Champions League semi-finals, having beaten Porto 2-0 in their first meeting at Anfield last Tuesday, one major facet must change for Conceicao's words to have real substance. Milner was only too eager to point this out.

'You get those compliments by playing good football over a sustained period of time,' said Milner, whose calming presence will be crucial in the Estadio do Dragao tonight. 'But to be that, I think you have to win trophies. That's something we haven't done yet and it's something we are trying to do. Not getting over the line is disappointing, but we have the opportunity to change that. That first one is always the hardest.'

'It's down to us to prove it and win these games — and hopefully win at least one trophy this season. There are a lot of good teams between us and the last game of the season. We have to keep improving and keep playing like we are doing at the moment.'

Milner emphasised that Liverpool have reached three finals since he has been at Anfield and there can be no doubting they are progressing, as a sequence of seven consecutive wins since March 3 shows, but they need to be remembered for more than just the quality of their football. Those questions could be answered emphatically before the end of the campaign and the

DOMINIC KING reports from Oporto

odds on them completing the double of Premier League and Champions League are contracting with each positive result but Milner is not getting carried away.

First things first, they have to hold off Porto. Liverpool won by five unanswered goals at this venue last February but they will need to be equally proficient if they are to reach the last four once again. Milner is a good gauge to the mood in the squad and, certainly, he is not distracted.

'There isn't too much talk about what's going on and what might happen,' said Milner. 'It's how we've been all season. We are training the same way, the mentality going into the games is the same, that's what we can concentrate on, one game at a time and keep pushing.'

'It's a massive positive in the dressing room that every game is just like the next game. There is plenty of talk outside the dressing room and in the media and social media, so it's hard to get away from it. But the lads are focusing on what we can control.'

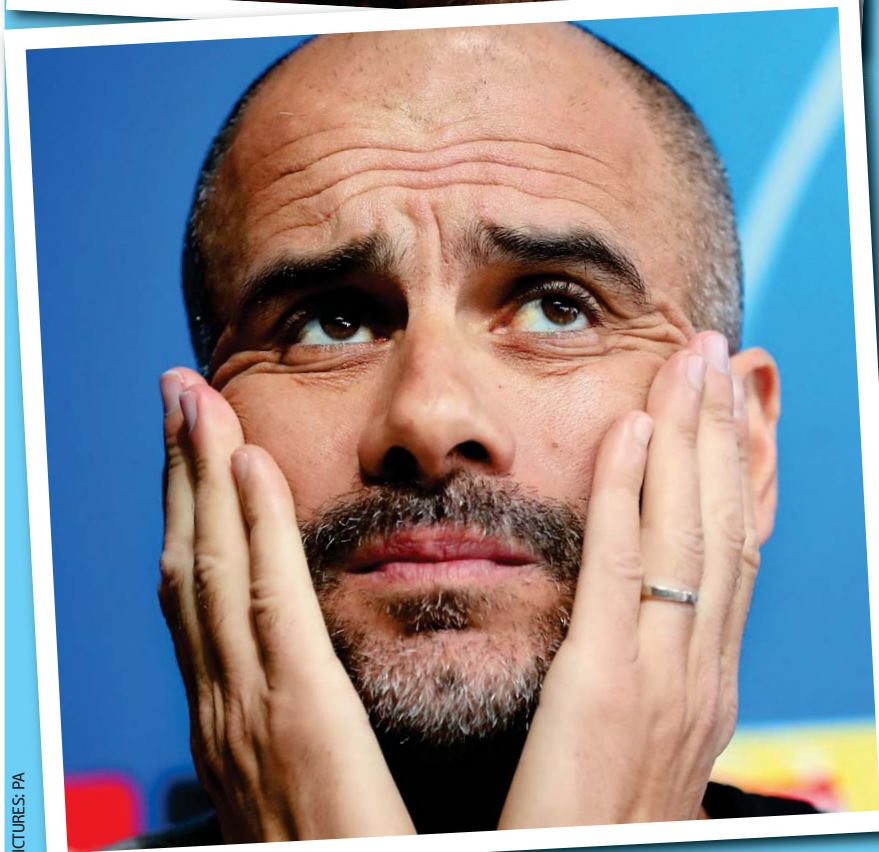
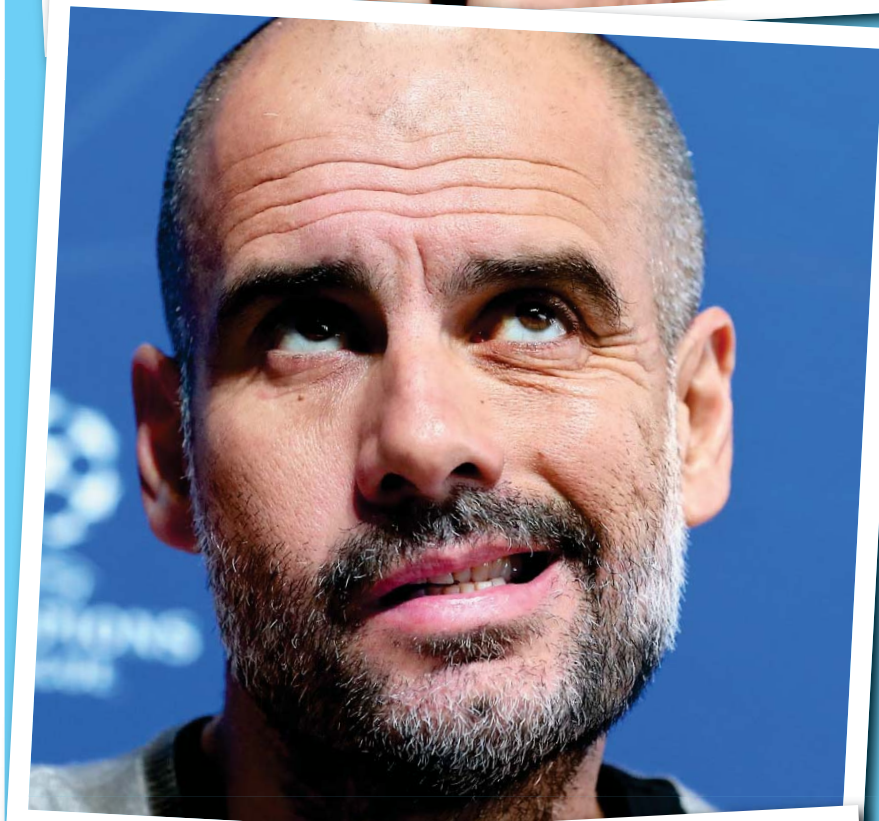
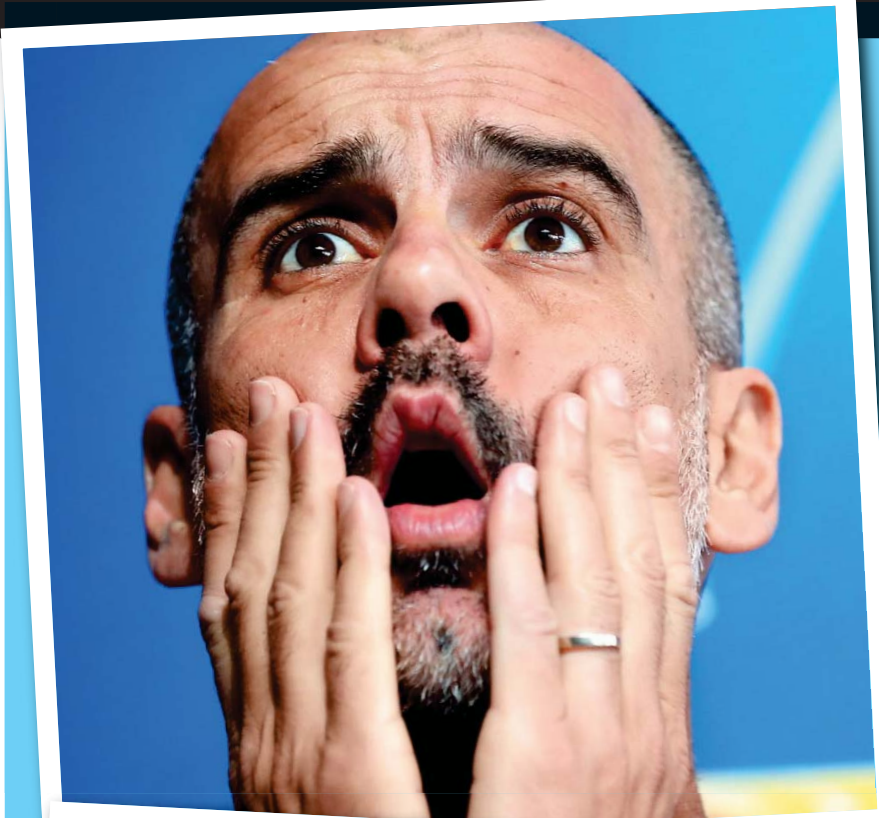
The second leg should feature a fascinating battle between Porto's fast-raiding and tough Brazilian left back Alex Telles and Mo Salah, fresh from his stunning goal against Chelsea on Sunday.

Yet one major thing in Liverpool's favour is the fact that they have been so resilient defensively. They had little trouble keeping Bayern Munich at bay last month in Germany and the last time they let a two-goal lead slip to lose a match was at Bournemouth in December 2016. That, however, has not stopped Klopp reinforcing the message that nothing has been decided.

'I always tell the boys the truth when I analyse,' said Klopp. 'I don't make things bigger or smaller than they are.'

'When we play Manchester City, I don't say they have no clue about football or say it's the best team in the world. We analyse for us.'

'There's no risk that I need to convince the boys that Porto are really good. They know it already. We played Roma and they can be an uncomfortable opponent but I didn't really see a chance for them when they played Porto (in the last 16). Porto were in control. So we should be prepared.'



Tough: Telles

WATCHING BRIEF...

PORTO (0) v LIVERPOOL (2)

(probable teams)

Kick-off: 8pm
Estadio do Dragao.

TV & Radio: **LIVE** on BT Sport 3 from 7.15pm and talkSPORT.

Referee: Danny Makkelie (Hol).

■ Porto have won their last four CL games at home.

(4-3-3)			Casillas			
			Pepe	Militao		
Corona					Telles	
Danilo	Torres	Herrera				
Marega	Soares	Brahimi				
Mane	Firmino	Salah				
Wijnaldum	Fabinho	Milner				
Robertson	Alexander-Arnold					
			Van Dijk	Matip		
			Alisson	(4-3-3)		

(Name in yellow = one yellow card from ban)



Threat: Salah

TIME FOR PEP TO ROLL THE DICE

Only two wins in four days will do for City boss as he goes for broke to keep Quadruple dream alive



by **JACK GAUGHAN**

A DIFFERENT way of passing the time is emerging inside the Manchester City dressing room as Pep Guardiola's players hunt for fresh ways to relax.

Benjamin Mendy has introduced the South American dice game, Perudo, to his team-mates and four new boxes arrived at the City Football Academy this week.

A hit with France's World Cup winners last summer, Perudo encourages high-risk strategies and celebrates the art of bluffing. Both are traits their manager revels in deploying — particularly in the Champions League.

Kidology was very much at play before a tantalising double-header with Tottenham, as he sarcastically agreed that not lifting the Champions League would be considered a failure.

What he could not dispute is that City need to roll the dice this week. Guardiola described the two home games against Spurs as season-defining. And they have to win them both — tonight in the Champions League second leg and on Saturday in the league — if a hugely promising campaign is not destined to fall flat.

Two wins and the prospect of an historic Quadruple would be solidified by Saturday afternoon. Equally, City's season might go up in smoke with draws or defeats. The FA Cup and League Cup double would be scant consolation.

'If we don't win these games we'll be out of two competitions,' said Guardiola. 'They are absolute finals for us. I've had that feeling from weeks ago. But I've said many

MARTIN KEOWN



I THINK Pep Guardiola factored in that Manchester City can score more goals at home than Tottenham could at their new stadium. Mauricio Pochettino's side got one in the first leg but I'm not sure that will be enough to see them through to the semi-finals. For City tonight, it will be attack, attack, attack. As much as I respect Spurs, it is bound to be too much for them to handle.

KEOWN'S PREDICTION - 2-0 TO CITY

CHRIS SUTTON



TOTTENHAM have pace throughout their team and we know the way Pep Guardiola's Manchester City like to play. City take risks, and that leaves them exposed to counter-attacks. That's why I think Tottenham will get a goal tonight — but I also think City will score a few as well. Guardiola's players will feel like they have a point to prove. They will want to show how serious they are about the Quadruple.

SUTTON'S PREDICTION - 3-1 TO CITY

WATCHING BRIEF... MAN CITY (0) v TOTTENHAM (1)

(probable teams)

Kick-off: 8pm, Etihad Stadium.

TV: LIVE on BT Sport 2; highlights on Virgin Media 1 at 10pm.

Referee: Cuneyt Cakir (Turkey).

■ **Spurs have lost only one of their last eight away games in the CL.**



(Name in yellow = one yellow card from ban)

GUARDIOLA CALLS FOR RAUCOUS ATMOSPHERE

PEP GUARDIOLA is 'curious' to what extent City's fans will back his team as they gun for Champions League glory tonight. The City supporters have an ambivalent attitude to the competition — there were still home tickets on sale yesterday afternoon — but Guardiola called for a raucous atmosphere at the Etihad. 'I'm really curious to how our fans are going to react tomorrow,' Guardiola said. 'If they don't help us it is... do it for the guys. 'They are human beings, they will have bad moments in the games and at that moment we need our supporters. At this stage, without supporters, we cannot go through. 'We need it. Every time I played away in this competition the atmosphere was incredible. 'Really, we need it. I want to see our fans, that they really want the semi-finals.'

JACK GAUGHAN

times that the Premier League is the most important.'

The message coming from his players is that the Quadruple is firmly in their thoughts. John Stones talked up the squad's chances, saying: 'We're still on for the Quadruple and that's the dream we want to achieve. We're fighting for it every day. We've got to trust it brings the best out of us.'

'We've got to enjoy the pressure of fighting for the titles and these

big games. You get the best out of yourselves when you are under that scrutiny and you find who you are as a player and the players around you. It is a privileged position to be in and we have got to take every opportunity.'

For that to come to fruition, Guardiola will need to win his first Champions League since 2011. The Catalan's record in the competition is derided by his detractors, particularly a failure to reach

a final during his three years in charge of Bayern Munich.

There have been big moments when Guardiola has been found wanting in this competition, but also big moments where his genius has been plain. He has won it twice, after all, in 2009 and 2011. One more would put him on a par with Bob Paisley, Carlo Ancelotti and Zinedine Zidane.

Some around City believe that starting with two holding midfielders

and resting Kevin De Bruyne for last week's 1-0 defeat at Spurs might also prove to be a master-stroke come the full-time whistle tonight. De Bruyne certainly looked fresh and carried City during the latter stages of Sunday's victory at Crystal Palace.

'When my teams don't win the Champions League, they "fail" all the time,' Guardiola said, eyebrows raised. 'I have to win. The chairman asked me to win three times in a row. We try to do our best and tomorrow we will see.'

'I know people say I came here to win the Champions League. I didn't come here to win the Champions League, honestly. Of course I want it. I know at Bayern Munich, a big club, after three seasons winning absolutely everything (domestically), then the Champions League was a big failure.'

'What can I say? I accept that. I have to live with that but it's not a big, big problem, it pushes me to be better. A lot of big, big clubs are not in the later stages.'

The semi-finals of this competition are still largely uncharted territory for City. Their only appearance was in 2016, months before Guardiola arrived, and that is partly why the manager objects so strongly to questions about his record.

He has described City as 'teenagers' in Europe given their lack of experience and knows the club's supporters are not completely engaged because of long-running disputes with UEFA. Despite all that, there is a realisation that this talented squad must now go further. Holding their nerve in big cup matches has not always been City's strongest suit.

'Vinnie (Kompany) made a good point before Crystal Palace that these sort of games can bring out the best in us,' said Stones. 'We have to trust ourselves and our team-mates that it will bring the best out of us and we perform. We have to believe.'

GREAT ESCAPE ON FOR CARDIFF WITH HUGHTON'S MEN IN TROUBLE

NEIL WARNOCK had called for a comeback in the style of Tiger Woods. It might be said, quite possibly by himself, that what he got on an evening of renewed hope was altogether more unlikely.

That's less to do with the surprise of seeing two goals scored by a gun-shy side and more to do with the reprieve of a referee. Through his career officials have been Warnock's gripe, the go-to complaint, the lament and the distraction tactic, and in recent weeks it has often been with justification. But one went his way here. And it was a biggie. So big, perhaps, that when the scrapping is done,

BRIGHTON

CARDIFF

Mendez-Laing 22
Morrison 50

0
2

By **RIATH AL-SAMARAI**

if they somehow pull off a great escape, it might prove a key moment. That is because for all the world it appeared that Brighton should have had a penalty at 0-0, 10 minutes in. Bruno Manga had his hands all

over Lewis Dunk at a set-piece, clear as day. When Dunk hit the deck, it was with no little force. It was a pull and a pretty hefty one. So was the appeal, but unlike Chelsea at home and Burnley away, this one went for Cardiff. They say these calls even out over a season; this call might have saved Cardiff's, given it was the platform from which Nathaniel Mendez-Laing scored a beauty for 1-0 and Sean Morrison got the second goal for security. On that front, consider how unlikely it is that this team with six defeats in their previous seven games should score twice. All of which puts Brighton in deep trouble. They still have a

two-point advantage and a game in hand but who could predict anything from their respective runs-in? Cardiff face Liverpool, Fulham, Crystal Palace and Manchester United. Brighton have Tottenham, Arsenal and Manchester City among their final five games and have just suffered a fifth straight defeat in all competitions. Some whispers have suggested Chris Hughton is under scrutiny as a result. Ludicrous in light of what he has achieved there. But there is no mistaking the desperation of his plight. Hughton made five changes to the side pummelled by

Bournemouth and also switched shape, going with a 4-4-1-1 for the first time in 2019.

BRIGHTON (4-4-1-1): Ryan 6; Bruno 7, Duffy 6.5, Dunk 5, Bernardo 6; Jahanbakhsh 5.5 (Izquierdo 5, 69min), Stephens 5.5, Propper 6, March 7; Gross 5.5 (Andone 54, 6), Murray 5.5. **Subs not used:** Button, Burn, Bong, Kayal, Locadia. **Booked:** None. **Manager:** Chris Hughton 5.5. **CARDIFF** (4-2-3-1): Etheridge 7; Peltier 5, Morrison 8, Manga 6, Bennett 6; Gunnarsson 6.5 (Bacuna 54, 6), Ralls 7; Mendez-Laing 7.5 (Harris 80), Camarasa 6.5, Hollett 6.5; Niasse 6 (Zohore 86). **Subs not used:** Murphy, Reid, Murphy, Healey. **Scorers:** Mendez-Laing 22, Morrison 50. **Booked:** Bennett. **Manager:** Neil Warnock 7. **Referee:** Andre Marriner 5. **Attendance:** 30,226

BLOWN AWAY BY

Haphazard United cannot handle the brilliance of Barca

IF there were any illusions, Manchester United now know far they must travel under Ole Gunnar Solskjaer. The gulf that exists between them and the elite of the European game.

A panicked opening aside, this was as comfortable as the score-line suggests, the game never in doubt after 20 minutes, Barcelona and Lionel Messi superior, the weakness in this United group heartlessly exposed.

When Alexis Sanchez came on to a warm reception with 11 minutes to go, it was a reminder. The player that United broke the bank to recruit is in essence a Barcelona cast-off. Those who are good enough to make it at the Nou Camp will not be leaving for Old Trafford any time soon. Barcelona is the home of the best in a way Manchester United has not been for some time now.

As for Philippe Coutinho, any thoughts he may have cause to regret his move from Liverpool will be countered by nights like this — and the goal that gave the score-line the emphasis it deserved.

Messi played a long crossfield ball from deep in his own half to Jordi Alba, who found Coutinho on the overlap inside. He cut towards the centre once more and struck a delighting curving shot, high and over the reach of David de Gea. If Barcelona were disappointing at Old Trafford, this win and 4-0 aggregate outcome are a reminder of the standards they continue to set.

The problem for United was that everything was on their side but the one aspect that matters most: quality. They had Solskjaer at the wheel, they had their history at this great stadium and the night it gave them in 1999, they had the mythology that has built around their transformation this season, the comeback in Paris and the idea this could be their year.

One problem with that. They couldn't live with Barcelona after a sprightly first two minutes.

MARTIN SAMUEL

at the Nou Camp

BARCELONA

Messi 16, 20
Coutinho

3

MAN UTD

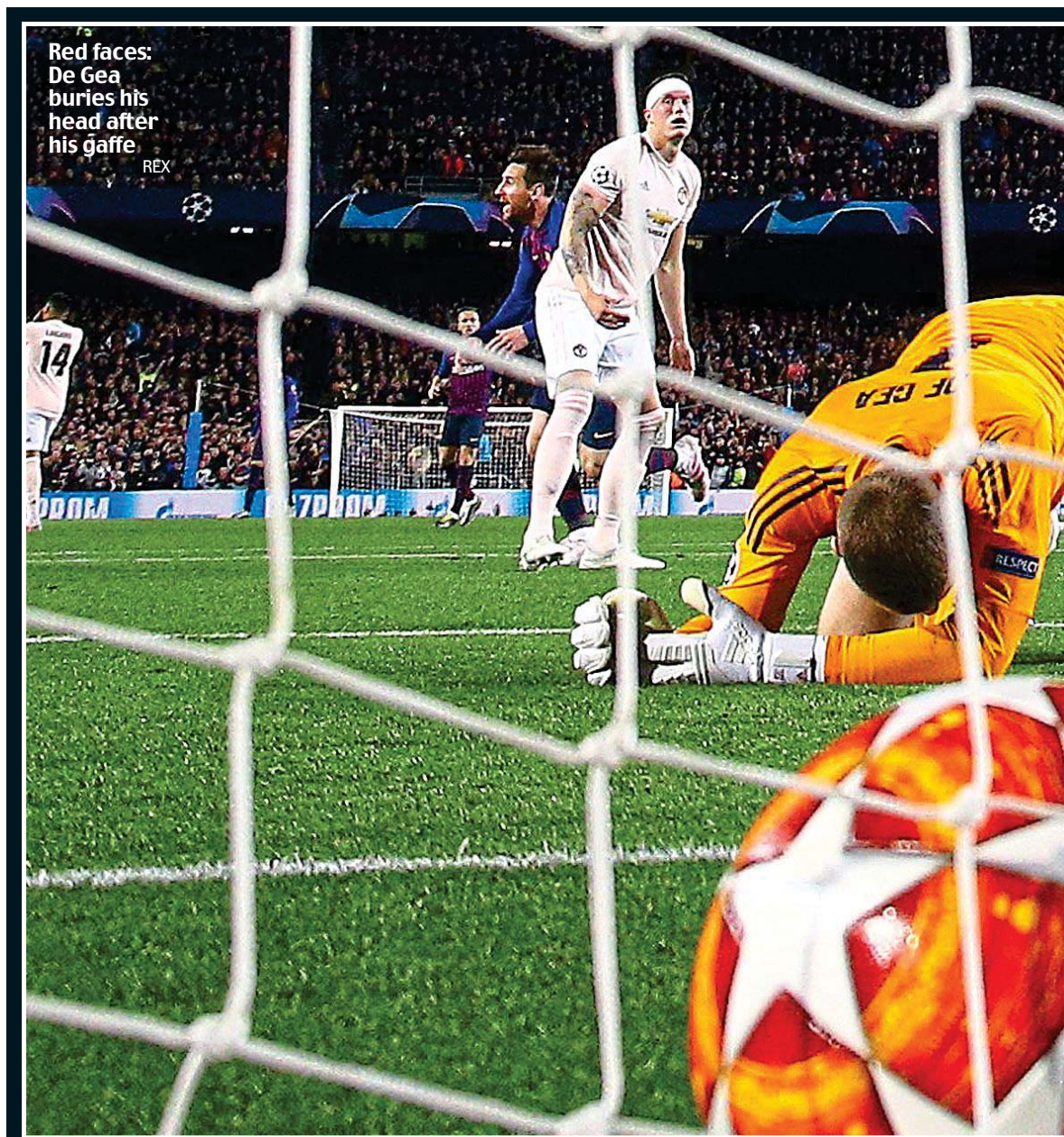
0

(Barcelona win 4-0 on aggregate)

When Marcus Rashford broke through after just 35 seconds and, instead of a firm low finish, tried a hybrid chip, clipping the bar, there were immediate thoughts it could be a pivotal moment. So too the pass that found Scott McTominay in a ridiculous amount of space immediately after. The ball got trapped under his feet and the danger passed; and with it, maybe, the hopes of Manchester United.

When Barcelona first scored United could content themselves with the knowledge the mission hadn't changed: they still needed to score twice to progress. The second, however, was a killer. Now United needed three in the Nou Camp, against a team that had not surrendered a first-leg lead at home in European competition since succumbing to Metz in the 1984-85 European Cup-winners' Cup. And there was nothing beyond that first two minutes that suggested they had it in them.

It wasn't just the errors that led to the goals that highlighted the difference. In the ninth minute, United had the glimmer of a break on. The ball fell to Paul Pogba in the vicinity of the centre circle, and he shot at goal. Would a Barcelona player have tried such a stunning piece of self-indulgence? The ball flew high and harmless, over the bar.



Red faces:
De Gea
buries his
head after
his gaffe
REX

In contrast, Barca were a team, with one quite extraordinary individual, obviously. Yet Messi never plays as if the event is about him, even if his genius often makes it so. He does not go it alone if a team-mate is better placed, he doesn't always occupy position A. And yet, operating as a deep lying forward, he is averaging better than a goal a game this season. Incredible.

First, before the Messi show, United had to survive a penalty

call. Fred got a foot in and in doing so sent Ivan Rakitic rolling, rolling, rolling, like a ball on a downward slope at Augusta National. By the time the Croat came to rest referee Felix Brych was pointing to the spot. At which point VAR did its thing. A close-up of Fred's foot as he made his challenge showed he won the ball. No penalty. Justice done. Not that it mattered; within 10 minutes United were 2-0 down.

The first goal started with

Ashley Young getting in a tangle that served up the ball to Messi. The pair had shaken hands as captains before the game and one can only hope Young made the most of that moment. His other engagements with the player were more difficult, to say the least.

Messi beat Fred and glided past Phil Jones who, with his white plaster headband appeared to come pre-injured, probably to save time. He curled it sweetly out of David de Gea's reach. There was

DE LIGT COMES OF AGE AS AJAX DUMP RONALDO'S JUVE

IT was graduation day in Turin and Ajax produced another coming-of-age performance to advance to the semi-finals after Cristiano Ronaldo had threatened to lecture the upstarts in the competition that has become his specialist subject. When the Juventus star scored his 126th Champions League goal in the first half it seemed unimaginable that he would not remain the only reigning champion in this season's renewal.

JUVENTUS **1**
AJAX **2**

(aggregate; 2-3)

CRAIG HOPE

at the Allianz Stadium

But Ajax — conquerors of holders Real Madrid in the last round — were never going to surrender to convention and thanks to goals from Donny van de Beek, 21, and captain Matthijs de Ligt, just 19, it is they who will face the winners of Manchester

City and Spurs in the last four.

This contest hardly needed any added hype but rarely has monochrome been as colourful as it was in the minutes before kick off, 40,000 perfectly choreographed black-and-white flags whipped and whirled in anticipation. Ajax boss Erik ten Hag said on the eve of the game that he would not worry about man-marking Ronaldo. You assumed such a casual and careless

tactic would not extend to set-pieces. But apparently so, at least judging by the manner in which the unmarked Ronaldo gleefully strode onto Miralem Pjanic's corner to head home on 28 minutes. It was so easy that something must have been amiss, a doubt that soon spread to the officials. A VAR check was activated and, yes, there was a foul. However, the sight of De Ligt stumbling into the back of and then dragging down team-mate Joel Veltman merely

added to the comedy of their defending. There was also an element of the surreal about Ajax's leveller six minutes later. Van de Beek looked yards offside when Hakim Ziyech's scuffed shot was transformed into a cunning through-ball and ran into the midfielder's path. Van de Beek duly finished from eight yards and, once again, it went to VAR. Juventus winger Federico Bernardeschi's lazy defending had played the scorer aside. It was deserved. Not for

what had gone before, but for what followed. Juventus were rattled as this vibrant Ajax side set after a winner in normal time. Ziyech and Van de Beek were denied by Wojciech Szczesny but the keepy was helpless as De Ligt rose to meet Lasse Schone's corner on 67 minutes to send Ajax into the last four for the first time in 22 years. This brilliant team is sure to disband in the summer, but their story, at least for now, is far from over.

MAGICAL MESSI

**JUST CALL HIM
DAVID DE HOWLER!**



1 De Gea seems to have Messi's shot covered

BT SPORT



2 ... but the ball slithers through his grasp

BT SPORT



3 ... and rolls gently into the United net

BT SPORT

nothing the finest goalkeeper in the English game could do.

Sadly, the same could not be said of the second goal. The blame lies with De Gea but, for United, problems begin when Fred attempted a Cruyff turn perilously close to his own penalty area. Frankly, Cruyff wouldn't have attempted a Cruyff turn in that position — and he knew how to do them, too.

So Fred lost the ball to Messi, who again left Jones in a different post code and hit the ball low. It

wasn't his finest effort and should have been easily stopped but the often infallible De Gea made arguably his biggest error since his first season in English football. His weakness then was crosses and the physicality of the English game, but no such excuses here. This was a simple shot and the ball squirmed horribly underneath his body.

He reappeared after half-time to find Barcelona fans bowing down in mock admiration. Real Madrid

will no doubt have been watching, too. A sobering night all round.

BARCELONA: (4-3-3) Ter Stegen 6.5; Sergi Roberto 6 (Nelson Semedo 71, 6), Pique 7, Lenglet 6.5, Jordi Alba 7; Rakitic 7, Sergio Busquets 7, Arthur 7 (Vidal 75, 6); Messi 9, Suarez 7, Coutinho 7 (Dembele 81).

Scorers: Messi (16, 20), Coutinho (61).

Booking: Suarez (77).

Coach: Ernesto Valverde 8.

MAN UNITED: (4-3-3) De Gea 4.5; Jones 5, Lindelof 5.5, Smalling 5, Young 5; McTominay 6, Fred 4.5, Pogba 5.5; Lingard 5.5 (Sanchez 80), Rashford 6.5 (Lukaku 73, 6), Martial 4.5 (Dalot 65, 6).

Coach: Ole Gunnar Solskjaer 6.

Referee: Felix Brych (Germany) 7.

Scholes faces FA charge for betting

**By MATT LAWTON
and MIKE KEEGAN**

gambler. Scholes declined to comment last night and there was no word from BT Sport, who employ the 44-year-old as a pundit.

Scholes (right) is part of the ex-United 'Class of 92' quintet along with Gary and Phil Neville, Ryan Giggs and Nicky Butt, who took over Salford in March 2014. At the time Salford were in Division One North of the Northern Premier League but after successive promotions are now pushing for the National League title. Scholes, who retired as a

player in 2013, was briefly joint caretaker manager of the club with the now England women's coach Phil Neville in 2015. He resigned as a Salford director in February to become Oldham boss but retains a 10 per cent stake in the club.

The FA have strict gambling rules, banning anyone involved in football to bet on matches — regardless of whether they involve clubs they are connected to. But insiders suggest this case

does not compare in potential seriousness to that of Liverpool striker Daniel Sturridge, who was charged with a breach of betting rules in November 2018 and faces a hearing in the next few weeks. In April 2017, Joey Barton was banned for 18 months from competing in the sport at any level, having made 30 bets that included clubs that he was involved with at the time. For a breach of Rule E8, Peterborough director of football Barry Fry was suspended for four months, three months of which were suspended for two years.



PAUL SCHOLES has been charged by the FA with breaching betting rules while he was a co-owner and director at Salford City. He could face a fine or even a ban after allegedly placing 140 bets between August 2015 and January this year. The news comes just four weeks after Scholes resigned as manager of Oldham Athletic following a tempestuous 31-day tenure. Prior to that, he had avoided controversy. But during the 2014 World Cup he worked as a columnist and tipster for a prominent bookmaker and an FA statement yesterday suggests he is an active

BUTT ARRESTED OVER 'ASSAULT'

MANCHESTER United head of academy Nicky Butt has been arrested on suspicion of assault. The 44-year-old was held by police at 2pm yesterday following reports that a woman had been assaulted, hours before United took on Barcelona in their Champions League

quarter-final second leg. Butt remained in custody into the evening and was set to be interviewed by officers while United were in action in the Nou Camp. The woman is said to have suffered a cut to her hand and did not require hospital treatment.



Tiger roaring at Augusta again is a major reality check for Rory

SHANE McGRATH: PAGE 50



EASY MONEY

Delaney still on payroll as FAI crisis deepens

By PHILIP QUINN

UNDER-FIRE John Delaney is still being paid by the FAI and remains a member of the UEFA Executive Committee.

As Irish football plunged deeper into crisis yesterday when the remaining seven directors offered to resign, UEFA had 'no comment' on the revelations which occurred on Delaney's watch as CEO.

Two years into a four-year term as member of the UEFA ExCo, Delaney is being paid €160,000-a-year, plus expenses. As Delaney is on gardening leave, while a forensic investigation into the FAI's financial affairs runs its course, he won't be involved in the proposed new structure.

Sports Minister Shane Ross said yesterday he'd 'be a lot happier if the next CEO was paid a lot less' than Delaney, who was on €360,000-a-year before stepping down.

It has emerged the FAI were in breach of the Companies Act regarding its accounts, which leaves the association open to fines and possible imprisonment for members.

'It's an extraordinary situation. The timing is bizarre,' said Ross.

◀ PHILIP QUINN COLUMN - PAGE 51

Barca are too classy for United

CHRIS WHEELER at the Nou Camp

AN inspired Lionel Messi ripped Manchester United apart last night as Barcelona coasted through to the Champions League semi-finals. There was no miracle comeback at the Nou Camp this time for Ole Gunnar Solskjaer whose team, 1-0 down from the home leg, suffered as Messi scored twice. Philippe made it 4-0 on aggregate. In Turin, Ajax shocked Juventus to dump Cristiano Ronaldo out of the competition.

◀ FULL MATCH REPORT - SEE PAGES 54-55

BARCELONA 3 0 MAN UTD

BARCELONA WIN 4-0 ON AGGREGATE

Screamers: Scorers Messi and Coutinho enjoy their night

GETTY IMAGES

Sarries 'expect' Vunipola boos at Munster match

MARK McCALL expects Billy Vunipola to be booed this weekend after the Saracens and England forward's official warning for a homophobic Instagram comment. Rugby director McCall confirmed Vunipola will start Saturday's Champions Cup semi-final against Munster at Ricoh Arena, then admitted

By JAMES MURRAY

the No 8 must handle the flak that comes his way. The 41-cap back-rower has been warned by both club and country after a social media post last week that read 'man was made for woman to procreate that was the goal no?' The England star had liked a

social media post from Australia's Israel Folau, that stated 'hell awaits' for 'homosexuals'. Asked if he expects fans to boo Vunipola, McCall said: 'He has got to deal with that, and we've got to deal with that as a group. It's probably better to expect it to happen, and then wait and see.'

Wallabies full-back Folau was sacked by the Australian Union for his controversial Instagram post. The devout Christian has pledged to accept his fate, while England star Vunipola has been warned about his future conduct after liking Folau's post.

◀ RUGBY - PAGE 48

YOU HAVEN'T SEEN **Dublin** UNTIL YOU'VE SEEN IT FROM HERE

IT'S NOT JUST OUR GAMES THAT GET HEARTS BEATING.

Bring your adventurous spirit (and your camera!) to the **Ericsson Skyline Tour at Croke Park** and experience the most breathtaking views of Dublin.

DISCOVER THE heart OF WHO WE ARE

GA ERICSSON SKYLINE CROKE PARK

crokepark.ie/gaamuseum

QUICK CROSSWORD

8,203

ACROSS

- 1 Light sleep (6)
- 4 Mix and combine (5)
- 7 Do as others do (6,4)
- 8 Style and vigour (4)
- 9 Long grass on a golf course (5)
- 11 Austere (7)
- 13 Nil (7)
- 15 Vapour from hot water (5)
- 17 Dauntless or daring (4)

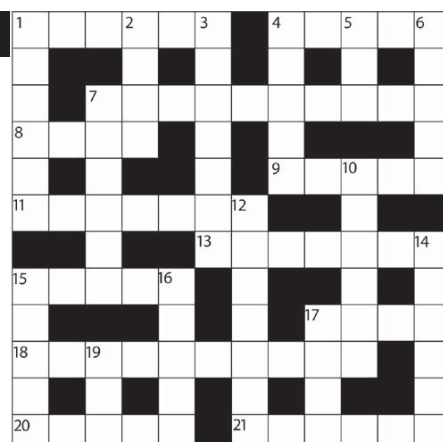
- 18 Moral or legal requirement (10)
- 20 Lift up (5)
- 21 Mattress filled with straw (6)

DOWN

- 1 Drinking toast (6)
- 2 Twelve o'clock midday (4)
- 3 Luxurious railway coach (7)
- 4 Arbour (5)
- 5 Australian bird (3)
- 6 Get rid of (5)
- 7 Outward appearance (6)
- 10 Agreement or accord (6)
- 12 Without interruption (3-4)
- 14 Small ingenious device (6)
- 15 Deadly sin (5)
- 16 Power or force (5)
- 17 Basin (4)
- 19 Garland of flowers (3)

Today's solution will be published tomorrow but if you would like to hear it now, call 1550 718 701

TUESDAY'S SOLUTION (No 8,202): ACROSS: 1 Holdall. 5 Cure. 7 Bin. 8 Mothball. 9 Trend. 10 Land. 13 Soot. 14 Arid. 18 Erse. 19 Offal. 21 Clavicle. 22 Gut. 23 Wool. 24 None too. DOWN: 1 Habitual. 2 Lingerie. 3 Armada. 4 Lately. 5 Cabins. 6 Rile. 11 Dogfight. 12 Stiletto. 15 Drivel. 16 Beacon. 17 Modern. 20 Alto.



16

9 777750 161433

€1.60 is the recommended retail price of the Irish Daily Mail

promoting irish excellence

THE ESSENTIAL *MID-LIFE MUM* MAKEOVER



Pictures: MARK HARRISON. Hair and make-up: AMI PENFOLD

Life change:
Susan, left,
and Annabel

From fitness to sleep and even your social life, a brilliant new book by two 50-something mothers reveals how to protect your health and happiness

SUSAN was in her mid-30s when her elderly mother was diagnosed with Alzheimer's and she took on the role of carer.

By doing so she was following an onerous family tradition: as a teenager, she'd watched her beloved mum nurse her own mother through the same debilitating

by Annabel Streets and Susan Saunders

disease. So when Susan met Annabel at the gate of a London nursery school in 2006, they swiftly realised they had much in common.

Annabel's mother had also nursed her grandmother through dementia, and both

women were terrified that the disease would strike them and similarly blight their children's lives.

Then Susan came across a life-changing research paper that suggested starting a healthy lifestyle at 50 may reduce the risk

of dementia by up to 90 per cent. Bonded by a determination to trial different ways to boost their midlife health and protect themselves from the accelerated ageing they'd witnessed in their families, Susan and Annabel established a joint mission: they called it the 'Age Well Project'.

Over the past five years, as they entered

TURN TO NEXT PAGE

My boyfriend's better looking than me. Will it last?

STEPH & DOM

Solve your sex, love & life troubles

TV'S STEPH and Dom Parker, 51 and 54, draw on their 20 years of marriage to solve your relationship problems...

QI've been seeing my new boyfriend for nearly three months and I really like him. I'm 43 and he's 44.

The problem is, I think he's too good-looking for me.

When it's just the two of us it's great and I forget about it — but when we're out together, I always feel like everyone must be looking at us and wondering

why he's with me. We met online and when he arrived in the pub, I was shocked to see that he was much more handsome than in his pictures.

If I'd known, I wouldn't have gone ahead but now that we've met I really like him.

I'm trying to lose weight and I always set an alarm to make sure that I can get up before he does to do my make-up and hair, but I'm still worried he's going to dump me.

What should I do?

How shallow do you think he is?!

STEPH SAYS: YOUR letter makes me sad — and a little bit cross. I have no way of knowing if what you say is true or not, but I do know that you believe it to be.

I can also see that you've got yourself into a headspace where all that matters is how you look. It's sad — and such a reflection of our Instagram-obsessed culture. When you say you wouldn't have gone ahead if you'd known what he really looked like, it makes me despair.

I think the whole smartphone dating thing sounds ghastly, and I'm so glad I don't have to do it. But I do think it's time to face reality and grow up. I understand that feeling judged for your looks can be corrosive to your confidence, but you do have some degree of control over how you feel. And it's time to exercise it.

Your letter is all me, me, me and I find myself asking — what about him? There's another person in all this and it doesn't seem like you're giving him much credit. Has it occurred to



you that perhaps he doesn't see things like you do?

There are plenty of gorgeous men out there who don't have the faintest idea how good-looking they are, or if they do they don't care.

Dom has always been like that. He can never tell when another woman is hitting on him. It's one of his most charming qualities. He's much more interested in the person and their conversation than anything else.

Even if your boyfriend does know that he's Brad Pitt, he's in a relationship with you and respectful of that. He is clearly

enjoying spending time with you and I think you are doing him a terrible disservice by assuming he's going to waltz off with a better model. Just how shallow do you think he is, poor man?

The other thing is that, at 44, it's not like he won't have had his fun already. Like you, he's probably looking to settle down and build a life with someone he can love. But you're in danger of depriving him of that chance.

If you continue with this mindset and allow your insecurity to dominate your every move, you're going to sabotage it.

Usually, my advice is to talk to your partner, but I don't think that's the thing to do here. It's early days, and suggesting to him just how little you think of his character will be fatal.

Take a long hard look in the mirror and see past what you think you can see on the outside and remind yourself that you are deserving of more. Stop thinking about your flaws and focus on your qualities. You've found a man you really like and who really likes you. Don't ruin it.



Steph's hands. Every so often I find I still can't get over how lovely they are.

But I say 'every so often', because here is the truth of love: after a while, you simply stop seeing the outside.

It's a cliché that men don't notice when their wife has had her hair done or whatever, but that's because we don't.

Once the first flush has passed, we stop seeing the superficial look that drew us in in the first place, because what we see is simply the woman we love. After 20 years you really do just see the person.

Maybe your boyfriend is

already there. But I doubt it as you've only been together three months. So, if you must dwell on the superficial, then think about that. Remember he has chosen you, so therefore it follows that he must find you attractive.

And, he's in his mid-40s, so he has probably learned by now that stunning facades can hide ugly truths. Boy oh boy have I met some nasty, mean and downright dull, so-called beauties in my time.

People of all different types of appearances find love, because love is about more than just the surface. Buck up your courage — there really is no need to feel so despondent in the face of happiness.

One final thing: if you think he's so handsome, my advice is to enjoy it now. Because if all goes well and you fall in love with him, believe me, you'll stop seeing it soon enough.

■ IF YOU have a question you'd like Steph and Dom to tackle, write to: features@daily mail.ie

FROM PREVIOUS PAGE

their 50s, the pair have immersed themselves in the latest medical studies, interviewed experts and tested health recommendations in an unswerving bid to radically overhaul their lives.

Now the popular blog that documented their findings has been made into a book, extracts of which we are exclusively running in Inspire.

Annabel, 54, a novelist and writer, has four children, aged 13 to 19, while Susan, 52, a TV producer, has two daughters aged 15 and 18. Both women grew up in the shadow of disease, watching loved ones die too early from dementia, heart disease and cancer, or living out their so-called golden years blighted by illness, crippled by arthritis or unable to recognise their own family.

When they met, Annabel had already inherited a chronic condition (inflammatory bowel disease). Both were raising families, working full-time and paying scant attention to their health.

Over the course of their investigations Annabel dropped a dress size and Susan lost her 'mum tum'. The backache that almost blighted Annabel's career and defied treatment has disappeared. Her chronic auto-immune disease is now in remission and (oddly) her eyesight has improved. Both no longer get winter colds.

Here, they reveal how they have transformed their lives and their health — now and for the future.

NO, YOU REALLY CAN'T KEEP PUTTING IT OFF

SO MUCH of our research turned up the frightening fact that many diseases suffered in old age actually begin, silently and stealthily, in middle age. And yet middle age is often the busiest time of our lives.

We knew our lifestyles were all wrong: we were eating the wrong things, grabbing snacks, eating junk, only sporadically exercising and enduring sleepless nights and chronic stress. After a decade of juggling endless pregnancies and miscarriages, six children and elderly parents and in-laws between us, not to mention hugely demanding work commitments, our own health had slipped to the bottom of the pile.

So it was quite a wake-up call to find research that suggested we could live longer and better than our ancestors and that our fates weren't determined by our genes.

We realised we could start to make changes, but, already in our late 40s, we had to act fast. We were only just in time.

We pored over medical books and journals, research reports, culinary histories, tomes on neuroscience, and followed the latest discoveries into ageing. We attended lectures, spoke to doctors and researchers, and we cooked healthy food and actually made time for exercise.

The best bit? It really does seem to be working. We feel better in our 50s than we've ever felt before. We are less stressed, we're enjoying better sleep, better behaved guts, defined muscles, more energy, thicker hair, fewer coughs and colds, low blood pressure, consistent weight and a greater sense of purpose.

Will we avoid the diseases of our forebears? We don't know.

We don't want to be younger. Not for all the goji berries in China would we turn the clock back to our angst-ridden teens, our penniless and hung-over 20s, our exhausted child-bearing 30s, the

'sandwich' years of our 40s juggling children and ageing parents.

It's great to be able to say we absolutely love being in our 50s. We are thriving and we have every intention of loving our 60s, 70s and beyond. But do you want to know the biggest secret to living longer? You're going to have to move.

All the experts agree that exercise is the magic bullet for good health, and the stark truth borne out by swathes of research is that once you get to midlife, it can no longer be optional.

Whether you're going for a brisk stroll, carrying bags of shopping, vacuuming or challenging the kids to a game of ping-pong, it all counts — and any exercise is better than none.

HOW TO FIDGET YOURSELF FIT

YOU can easily spot Annabel at the cinema or on any long train or car journey — she'll be the one wiggling her toes, curling and stretching her fingers, rolling her shoulders and lifting one leg up, then the other. For the sake of our health, we have both become inveterate fidgets. We are all spending far too much of our time sitting, and it is killing us.

Experts say that every two hours spent sitting cuts blood flow, raises blood sugar and reduces 'good' cholesterol levels. Prolonged sitting will increase your risk of heart disease, diabetes, dementia, obesity and cancer.

Long periods of sitting can also affect our brains, causing thinning in the region of the brain that forms memories. But if you do have to sit for long periods of time, fidgeting can reverse the damage.

Studies have shown that sedentary women who fidget enjoy the same health as very active women. So, not surprisingly, we very quickly learned to fidget. Now we stretch at our desks and stand up when talking on the phone. You'll find us tapping our feet, wiggling our knees, shrugging our shoulders. Anything goes!

Long periods of sitting can also affect our brains, causing thinning in the region of the brain that forms memories. But if you do have to sit for long periods of time, fidgeting can reverse the damage.

TAKE UP TABLE TENNIS

SUSAN'S got a table tennis table in her garden and Annabel keeps a fold-up table in her TV room and will challenge her children to a game in the ad breaks. Regular play improves hand-eye co-ordination and provides a good, fun workout.



TRY THIS:

- SET an alarm on your phone to ping every 30 minutes and remind you to fidget, stand up or move.
- ANALYSE your daily sitting time, then cut it: schedule walking or standing meetings; work at a standing desk for some of your day; watch TV from an exercise bike; arrange social activities that involve movement.
- PIN a note to your computer screen saying: 'Sitting can kill you'.
- BUY a set of bike pedals to put under your desk (around €30 online).
- SWAP your desk chair for a large stability ball, which forces you to continually adjust your posture to stay balanced; or put a 'wobble cushion' (about €15) on your chair to stop you getting too comfortable.

STROLLING IS SLACKING — PICK UP THE PACE!

WHEN our children were young, the only walking we managed was ferrying them to and from school (slowly).

We knew it wasn't enough, but we couldn't see how we could possibly squeeze in more.

Brisk walking can reduce the risk of dying from cardiovascular disease by 24 per cent and protect against dementia. With a family



KEEP FIT WHILE MAKING A CUPPA

WEIGHTS? Resistance training? Isn't that for gym bunnies or budding bodybuilders? We certainly thought so.

But talk to any expert on longevity and it becomes crystal clear: resistance training – using weights to build muscle – is as important as aerobic exercise, eating vegetables and getting a good night's sleep.

So-called strength training can reduce the risk of heart attacks, heart disease, stroke and diabetes, as well as slowing bone loss and easing the pain of arthritis.

The happy by-product, we've found, is shapely arms, firm thighs, the ability to lift and carry more, and better quality sleep.



We'd never worked with free weights before (too intimidating, too dull), but our research into ageing convinced us that working with our own body weight and a pair of hand weights was the most efficient, convenient way to build strength.

So we have put pairs of weights strategically round our homes: in the kitchen beside the kettle; in the bathroom next to the sink; in front of the TV.

Now, every time we brew a cup of tea, we spend a couple of minutes doing bicep curls, shoulder presses, tricep presses and lateral raises. After cleaning our teeth, we

do a few squats. If we watch TV, we pop a few lunges with weights and Annabel always stands on one leg to brush her teeth – which is a great exercise for improving balance.

You don't need weights when you start – you can use books, bottles of water or cans of beans. But by weaving resistance training into our day in bite-sized 'snacks', and using snatches of 'dead' time, we have become stronger almost by stealth.

Don't worry about what other people think or about making an idiot of yourself.

We do calf raises while standing on the Tube, squats while waiting at the bus stop and lunges while standing in queues.

Yes, our children squirm with embarrassment, but so what?

suffered from osteoporosis, it was clear from our research that weakening bones is a big problem for women and it can start in midlife.

So we wanted to make sure we were doing the right kinds of exercise to keep our bones strong. Research shows that jumping ten to 20 times a day provides greater bone-building benefits than running or jogging, so we both now incorporate jumping into our workouts.

Try burpees (squat down and put your hands on the ground, kick your feet back into a plank position, then jump them forwards again and jump up to standing). They're a killer, but effective. Or try skipping, or just jumping on and off a low box.

Susan jumps up and down on the spot a few times to wake herself up before getting dressed each morning, adds star-jumps into her gym routine, and will 'pogo' when waiting for a bus.

EVEN YOU CAN FIND TEN MINUTES TO WORK OUT

SUSAN used to feel guilty about spending time at the gym, but now she's put exercise much higher up her to-do list and has discovered she can condense her workouts into short, sharp high intensity circuits.

Despite its uninviting name, HIIT (High Intensity Interval Training) means nothing more than adding short bursts of intensity to your activity. It works on a treadmill, bike or rowing machine and it couldn't be simpler: go a little faster for a few seconds, then allow plenty of time to recover. Then repeat.

We both took up HIIT in our 50s and we do three ten to 20-minute sessions each week: Annabel does her HIIT sessions on the rower and the treadmill (uphill walking), whereas Susan prefers structured HIIT classes at the gym.

A growing body of evidence suggests that exercising like this has a more profound effect on our brains, bodies and guts. It has been found to increase the activity of mitochondria (the 'batteries' of our cells) as we age, and to improve memory.

But remember, always stop if it feels too much.

DANCE LIKE NO ONE IS WATCHING YOU

DANCE of all kinds is a great way to protect your brain against dementia. Studies show regular dancing could even reduce your risk by 76 per cent.

Zumba has been shown to improve mood and cognitive skills, while Scottish dancing has been shown to reduce age-related decline in women over 70.

Aim to regularly learn new steps and routines as you move, rather than working repeatedly on the same old choreography. You get the best brain boost with free-style dance, which requires you to make constant, split-second decisions about how, where and when to move.

■ *ADAPTED by Louise Atkinson from The Age-Well Project by Annabel Streets and Susan Saunders (Piatkus) out May 2. © Annabel Streets and Susan Saunders 2019.*

history like ours, it was mad not to. We discovered that to reap maximum age-well benefits, you're going to have to up your speed. Studies show a ten-minute fast walk is more beneficial than a 30-minute meander: it's the effort you put in, not the length of time

you walk for, that matters most. This is all excellent news for busy midlifers like us, because who can't squeeze in a few short bursts of walking each day?

Now we both walk every day – fast. Susan sometimes runs, too. Annabel leaves the car at home

and walks to and from her local supermarket, carrying food home in bags, the old-fashioned way, so strengthening arm muscles as well as getting her heart pumping.

We both keep track of our pace and distance with a pedometer

(you can use your smartphone as one) and clock more than 100,000 steps a week much of it by stealth – commuting, shopping, dog-walking, school runs, gardening.

IT'S TIME TO JUMP TO IT ALTHOUGH our relatives haven't

NEXT WEEK HOW WE DISCOVERED THE TRICK TO MID-LIFE SLEEP

INSPIRE

Recycled fabric tops. Trainers made from plastic waste. NOW YOU CAN BE A G

by Hanna Woodside

A HAPPY consequence of the unstoppable wellness juggernaut is that it's now acceptable — fashionable, even — to wear gym kit, sorry, *activewear*, as you go about your day.

It has to be suitably premium, mind. Lululemon leggings, Sweaty Betty vest top, S'well water bottle in hand — the holy trinity of wellness status symbols says: 'I take care of myself.' It says: 'I'm just off to barrecore' (even if the only bar you're hitting that day serves sauvignon blanc).

The joy of nice activewear is that you look sleek and put together while revelling in maximum comfort. And if you're actually *doing* any exercise, you feel a whole lot better sweating it out wearing something nicer than a grotty tank top and saggy leggings.

Now, a new wave of eco-friendly activewear brands has arrived to up the ante, combining luxury designs with environmentally friendly fabrics. It's a double-whammy of saintliness — do your tricep dips smug in the knowledge your tee hasn't cost the Earth litres of precious water.

The new eco labels to know? Super-cool unisex sportswear brand Riley (riley.studio) for minimalist, block-colour styles made from sustainable materials. Its red Zip Track Pants, for example, are produced from Q-Nova, a nylon fibre crafted using recycled scrap fabric. (A staggering 35 per cent of materials in garment supply chains are wasted, ending up incinerated or in landfill.)

If you like to invest in a-cut-above staples, these take humble tracky-bottoms to another level.

LONDON-BASED Evveervital (evveervital.com) takes a different route to avoiding fabric waste, using seamless technologies — where the garment is created as a tube, meaning there's no surplus fabric to trim — to make its Leap It Leggings.

Available in orange or cobalt, the waistband sits nice and high, finishing where you're narrowest.

If you're haunted by the detritus-strewn seas in TV's *Blue Planet*, take a look at Peak+Flow (peakandflow.com), which takes unwanted ocean plastic and turns it into high-performance activewear. Try its sweat-wicking Peak Leggings in a geometric print. The label's also signed up to One Percent For The Planet, an initiative encouraging companies to donate 1 per cent of their profits to environmental causes.

Parley For The Oceans is another brand that should be on your radar. Promoting creative solutions

to plastic pollution, it has collaborated with Adidas on a capsule collection using yarn produced from plastic waste intercepted on beaches and coastlines.

The ocean-like ombre effect on the Parley Tank Top looks particularly good against the white Tennis Skirt. The same

Red bra, €28.97, and leggings, €44.04, **wolfand whistle.co.uk**; Vest, €69.53, **evveervital.com**; Trainers, €123, **vivobarefoot.com** <<



<< Top, €49.95, skirt, €49.95, and trainers, €129.95, all **Parley collection at adidas.ie**; Visor, €6, tennis racket, €35, and wristbands, €4, **Artengo at decathlon.ie**

Sports bra, €28.97, **wolfand whistle.co.uk**; Tracksuit bottoms, €140, **riley.studio**; Trainers, €123, **vivobarefoot.com**; Boxing gloves, €50, **Adidas at jd sports.ie** <<

of stubbing your toe, its Primus Lites are made using recycled PET plastic bottles and have an ultra-thin sole.

Bamboo-based fabrics are another smart option. Naturally anti-bacterial, UV-protectant and 60 per cent more absorbent than cotton, it's excellent at moisture-

wicking and ideal for workouts. As a plant, it's fast-growing, without the need for pesticides, and can thrive on rainwater, avoiding wasteful irrigation systems.

Eco-conscious label BAM specialises in bamboo clothing, and its contrast-panel Enduro Leggings tick a lot of boxes: an ankle-

Think you know everything about...

SPAS

1 WHICH of these is said to be Meghan Markle's favourite spa treatment?

- A. Cold laser therapy B. Vampire facial
C. Clinical peel D. Oak leaf massage

2 WHICH of these animals enjoys bathing in hot springs in order to relieve stress, according to research released last year?

- A. Dogs B. Cats
C. Pigeons D. Monkeys

3 TRUE or false? Prince Charles once said: 'If you have a stomach ache, in France you get a suppository, in Germany a health spa, in the United States they cut your stomach

open and in Britain they put you on a waiting list.'

4 MATCH the British royal with the spa town they loved:

1. King George III
2. Queen Anne
3. Mary, Queen of Scots
4. Queen Victoria (pictured)

- A. Bath
B. Buxton
C. Cheltenham
D. Leamington Spa

5 THIS month, an off-duty Swedish policeman recognised and arrested a criminal while they were both enjoying what?

- A. A massage B. A sauna
C. A pedicure D. A seaweed wrap

6 TRUE or false? While expounding 'the restorative effects of drinking and bathing in mineral water', Gwyneth Paltrow recently recommended Iceland Moss Chocolate and pills made from extract of Turkey rhubarb.



Picture: CULTURE CLUB / GETTY

And leggings fashioned from bamboo... REEN GODDESS



Sports bra, €44,
leggings, €74,
and headband,
€17, all **bamboo**
clothing.co.uk;
Trainers, as
before

>>

Sports bra, €52
and leggings,
€64, **peakand**
flow.com;
Skort, €46,
bamboo
clothing.
co.uk;
Trainers,
€129.95, Parley
collection at
adidas.ie<<

Swimsuit, €162,
davyj.org;
Goggles, €15
zoggs.com
<<

Bra, €75
perff.com;
Leggings,
€79, **evveer**
vital.com;
Trainers,
as before
>>

STYLIST: EMILY MONCKTON / Fashion Assistant: ALEXANDRIA DALE / Model: SILKE
HAJUNGA at HIVE Pictures: LEZLI+ROSE / Hair and make-up: BETHANY RICH

skimming 7/8 length (more forgiving than mid-calf), a 'tum-taming' waistband that doesn't cut you in half, and a bamboo-blend jersey fabric that won't go embarrassingly see-through.

There's a matching racerback crop top, too, although if you're a C-cup or larger, you'll need a

sports bra underneath. Try Wolf & Whistle (wolfandwhistle.co.uk) for cross-back bras. Made from recycled plastic bottles, they come in prints including leopard and snakeskin, and start at just €28.

And for eco swimwear that's robust enough to do lengths

in, there's Davy J. Its costumes are made with 100 per cent regenerated nylon yarn from marine waste.

Apparently, one ton of abandoned fishing nets can make 100,000 swimsuits.

It was inevitable, really, that our wellness obsession would

overlap with our eco-wokeness. As we're all increasingly conscious of the environmental impact of 'fast fashion', there's no reason why our workout gear should be immune to scrutiny.

Pay attention to detail, feel the burn, save the planet — and look good in the process.

The one
lesson I've
learned
from life

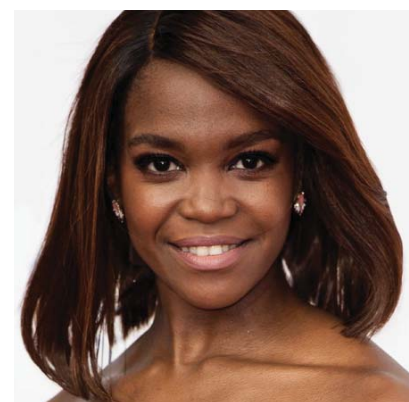
Strictly dancer Oti Mabuse

OTI MABUSE, 28, is a professional dancer on TV's *Strictly Come Dancing* and a dance captain on *The Greatest Dancer*. Born and raised in South Africa, she lives in London with her Romanian husband Marius.

ALWAYS BELIEVE IN YOUR OWN STRENGTH

AT DANCE class in South Africa when I was 15, the teacher told us we must each focus on a single word — the one thing we wanted to achieve that day. Mine was always 'strength', not only in my dancing, but in my life and my relationships.

To do that, I knew I must persevere. And it's what I've done from that time to this. In fact, I now have a tattoo on my left forearm that reads: 'Strength through perseverance'. Even if something doesn't look amazing at the beginning, you can achieve what you want if you push through. Work hard and you'll gain strength. The greatest test for me was when I left



Picture: SAMIR HUSSEIN / WIREIMAGE

South Africa at the end of my teens and moved to Germany, where my older sister, Motsi, worked as a dancer.

I didn't speak a word of German, and there wasn't a job waiting for me. But I persevered. I went to language school for a year-and-a-half and now I'm fluent. But then, German isn't so different from Afrikaans and I have a flair for languages. There are 11 official languages in South Africa and I speak seven of them.

In time, I started dancing on the German equivalent of *Strictly* and was then invited to join the UK version. That was 2015.

I worried I'd bitten off more than I could chew: it's such a big show. But I started making friends and gained a whole new family in the other professional dancers. Now, ten of us are about to go on the *Strictly* Professionals tour.

As one of the dance captains on BBC show *The Greatest Dancer*, I quickly realised that the girl who went on to win the first series in February — Ellie Ferguson — had something special.

But she was shy. She'd stand at the back of the pack in rehearsals. She reminded me of myself as a teenager.

So I tried to imbue her with a sense of believing in her own strength. It paid off. She was only 14, but she won the show.

Now, I'd like to open my own academy to teach dance. That is the dream. Who says I can't achieve it?

■ **OTI** is the face of *Specsavers* *Spectacle Wearer of the Year*. Visit specsavers.ie/loveglassescomp

Interview: **RICHARD BARBER**

ANSWERS

1) A: While filming legal drama *Suits* in Canada, Meghan was said to be a regular at Toronto's W SkinCare spa. Its director, Jeff Eltom, revealed her favourite treatment was the cold laser therapy, to 'stimulate cellular renewal, boost collagen production and repair the skin's moisture barrier'.

2) D: It had been assumed that Japanese macaques sought out hot springs simply to keep warm. But scientists at the Primate Research Institute at Kyoto University discovered they also do so to destress.

3) False: It was Phil Hammond and Michael Mosley, authors of *Trust Me I'm A Doctor*.

4) 1C: George III sealed Cheltenham's reputation for R&R among the upper classes when he visited in 1788 after suffering 'a pretty smart bilious attack'.

2A: Princess (later Queen) Anne visited Bath several times, including after one of her miscarriages, as the waters were thought to cleanse and fortify the womb.

3B: Mary, Queen of Scots — despite being Elizabeth I's prisoner — petitioned for permission to be taken to Buxton, where the waters had a reputation for healing.

4D: Queen Victoria gave Leamington Spa its 'Royal' prefix in 1838 after enjoying many visits there.

5) B: The off-duty policeman noticed one of his fellow naked sauna-goers was a fugitive wanted for drugs offences and gave chase. Christoffer Bohman, deputy chief of Rinkeby in Stockholm, noted: 'This was as stripped-down as it gets.'

6) False: These were, in fact, recommended in 1843, in the book *Five Minutes' Advice On The Bath Waters*, which claimed that they, among other things, were 'a safe and certain remedy'.

ETAN SMALLMAN

We got over heartache with a...

DIVORCE HORSE

Steadfast. Loyal. And always there for them — the women who say there's no better way to spend the alimony cheque

by Samantha Brick

DIVORCE has always been one of life's most stressful events. But then the decree absolute arrives and the financial settlement — if you're lucky — lands in the bank. But then what?

While many women may book an exotic holiday, treat themselves to a new outfit or even a little treatment or two, some have found a very unconventional way to spend the alimony — on a horse.

SAMANTHA BRICK spoke to the women who say their 'divorce horses' were the best way to mend their bruised hearts.

'WE'RE IN THIS TOGETHER, CHARLIE,' I WHISPERED

RELATIONSHIP therapist Caroline Lovett, 54, has two daughters and a son, all of whom are in their 20s.

I WALKED down the aisle in 1985 when I was 20. We were both so young, we knew nothing about relationships, and sort of bumbled along together. I was always mad about horses and learned to ride as a little girl.

I'm adopted. In my 20s I discovered my birth mum was a riding instructor who had carried me while working, which convinced me horses were in my blood.

Sadly, my ex-husband never shared my passion, and as motherhood and life took over, there was no room for a horse in my life. And, of course, feeding and caring for such a large animal is not cheap. Occasionally he'd bandy around the idea of 'letting' me get a horse, but it never really happened.

Three children and 25 years later, we'd grown apart and divorced in 2010. The following year I was working long hours in shifts as a nurse. On a break one evening, I found myself browsing a website specialising in horses for sale.

My desire to own a horse had got stronger, the children were growing up and my eldest daughter was leaving for college. I couldn't shake the feeling that something was missing from my life.

Within minutes of scrolling I found Charlie, a beautiful two-year-old chestnut-coloured Welsh cob. Entranced, I couldn't scroll on by. My boss walked in and asked what on earth I was doing. She was right to challenge me. I was going through a divorce and struggling to make ends meet, so why on earth was I looking at horses?

I was about to receive €25,000 in alimony and the sensible thing would be to spend it on the house, or put it into my pension pot, but I pushed all reason and logic to one side, called Charlie's owner and arranged a viewing.

As soon as I saw this young colt, so full of wild energy, rearing up and showing off, I had to have him. My daughters told me I was crazy.

Charlie's boundless masculine energy made me realise passion was sorely missing from my life. I paid the €650 price and, as I walked him out, I whispered: 'We're in this together, Charlie.'

The first time we rode out was a profound moment. After the divorce I was left feeling raw and wounded, yet this cheeky horse helped heal my damaged heart.

I haven't looked back and neither have the children. Charlie quickly became part of the family, bringing us all closer together. We'd take him for walks in the local countryside, making a day of it with a picnic.

I feel safer on Charlie than on my own two legs. I do my very best thinking and planning when I'm with him. If I need to work something out in my head, a good old gallop sorts it out.

He's everything I could ever wish for in a man and more.

I FELL INSTANTLY FOR CHEEKY, LOVEABLE TED

BEAUTY therapist Kristy Godsall, 26, is single.

INSTEAD of seeking marriage counselling after my divorce, I

looked to my horse, Ted, to help me heal. When we're together, he helps me forget about the world and makes my problems go away.

I was with my ex for three years. He was in the Army when we began seeing one another, we married in August 2016 and he left the Forces in 2017. Sadly, we weren't compatible and split up within a year.

It had always been a childhood fantasy to own a horse, but while I was married it just didn't enter into the equation. For starters, my ex was allergic to them!

When I found myself single again I took time to reflect on my relationship. My love and attention had been focused on my ex: it's part of my make-up to want to care and nurture someone.

So, feeling sad, I asked a friend if I could borrow her horse now and then to see if it made me feel better. It did.

Sitting in a saddle, and placing myself in the trust and care of a horse was how I'd imagined therapy to be. Riding out together, my troubles just faded away and the positive feeling lasted for days.

Over the following months, I rode my friend's horse almost daily. I came to realise I needed my own.

After we'd split, my ex paid me a few thousand euros, which I could have spent on a new floor — or a horse. I'm afraid there was no contest and I immediately started looking for my new 'Mr Right'.

I viewed five different horses and had a €1,000 budget, although I ended up paying €1,200.

When I entered the yard, Ted's head was poking out of his stable.

He caught my eye and something passed between us. As I approached him I put my hand out and he gently licked me. I fell for him instantly.

Ted is a Blagdon grey-blue cob and a cheeky, loveable character.

My girlfriends were really happy I had a new 'man' in my life, but my dad told me I was 'nuts'. I was often told I'd traded my husband for a horse!

Ted and I have a spiritual connection and he has helped me to find 'me' again.

Ted's so trusting, that's why I've put my heart and soul into our relationship.

My rewards are plenty, because he brings so much joy and happiness into my life.

Even on cold, wet mornings when I'm up to muck him out, I've never

regretted making Ted a part of my life.

My philosophy is that with horses you get what you put in. In a relationship with a guy, sadly that's not always the way.

FLASH OPENED THE DOOR TO A NEW LIFE

RIDING instructor Caroline Stagg, 44, has four horses.

I WAS married for nine years. The divorce was amicable because essentially we had wanted different things.

I was working in investment banking. When my career took off, it became my main focus, sadly at the expense of my marriage.

We divorced in 2010 when I was 35. My newly single status meant I worked even longer hours. While the payoff was a promotion, I suddenly found those weekends alone desperately long and lonely.

I needed something to focus on and that's when Flash came into my life. My sister's horse, he was at the age to be broken in to ride, which she didn't want to do.

He seemed just the project I needed to get me back on my feet.

So I dipped into my divorce settlement, and bought him for €2,000. I know my friends and family thought I was mad. I barely had time for them, how would I

have time to break in a horse?

At that time in my life, it wasn't unusual to be working until 11pm — and after my divorce I was usually one of the last people to leave the office. But having Flash changed that.

Flash needed to be trained and he needed me. I had to get home in the evenings, and up in the morning to feed him and muck him out. I couldn't let him down.

Flash filled the gaps at the weekends and he also opened the door to another social world. I went to group lessons and met other likeminded individuals who I'm still friends with today.

He quickly became my main priority. It was lovely having those moments to ride out together.

After I was made redundant in 2017, I walked away from the world of banking. I was in my early 40s and ready for a career change, so I decided to become a full-time riding instructor.

Flash and I parted company in 2012 and he's now a happy old man, enjoying retirement with another family.

But I have four more horses. There's Rosie, Milkie, Lucy and Bobby. My horses are my family. People who don't have a horse won't understand the bond.

The first chap I dated after my split didn't 'get' horses and we went our separate ways after a



Irish Mail plus

Play MORE of your favourite puzzles with our amazing app for tablet and smartphone
Go to www.mailsubscriptions.ie

SUDOKU

FILL in all the squares in the grid so that each row, column and each of the 3x3 squares contains all the digits from 1 to 9. Solutions tomorrow.

	1	2	5			9		3
				4	3	1		
3	9				2		8	
9			3			5		
1	8					6	7	
		5	1	6				2
2			4	5				9
8	7				9		1	

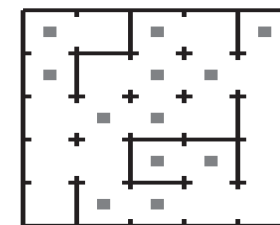
Difficulty rating ★★★★★

HIDATO

55		57				67	72
	53		61	59	64	66	68
	42	40					
			38				
		44			30		
	47	45	28	29		34	33
		25					
	22	24					
	18	15	13	11		9	
		16			1	3	4

COMPLETE the grid so that all the numbers, 1 to 72, connect consecutively - horizontally, vertically or diagonally. Hint: you don't have to begin with 1 or 72. Working on the mid-numbers might give you a better start. Solution tomorrow.

ISOLATE



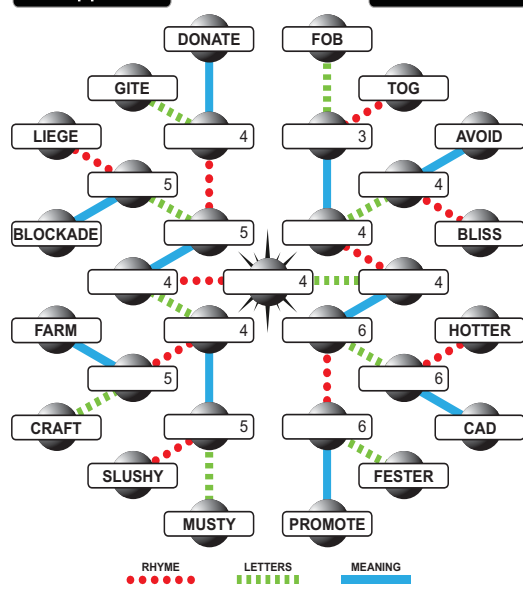
3 . 3 . 3 . 4 . 5 . 7

ADD to the walls already drawn to divide the grid's 25 squares into areas. Each area must have a number of squares corresponding to one of the figures below the grid. Each must contain two grey dots. Each + must be linked to at least two walls. Hints: No area is smaller than two squares. Areas cannot double back on themselves as that would leave a + linked to only one wall. Try to decide which grey dots must be in the same area. Solution tomorrow.

ZYGOLEX®



FIND the missing words by following the RHYME, MEANING and LETTERS links, where one letter always changes, e.g. a word that rhymes with 'cheek', has the same 'meaning' as 'mountain' and has one letter different from 'pear' would be 'peak'. Full rules at www.zygolex.com. Solution tomorrow.

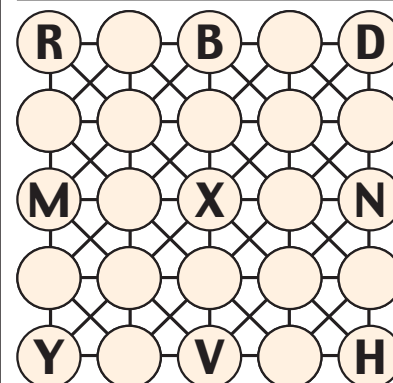


NINE TO FIVE

FIT the scrambled letters of the given word into the grid to form six five-letter words across and down. Solution tomorrow.

	D	F	H	
H				X
S				E
H				S
	R	H	S	

SELECTION



GOGEN

BALM
CLAMP
ENOUGH
EXAM
FLAWED
HUSKY
JET
MISQUOTED
NOW
VICAR

INSERT letters to form the listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all the remaining letters of the alphabet (except Z) in the grid so all the listed words are spelt out in this way. Solution tomorrow.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

30-SECOND CHALLENGE

www.30secondchallenge.com

START on the left with the number given and follow the instructions as you go across. Within the 30-second time limit, beginners have to complete their own challenge, Intermediates have to

complete their own challenge AND the beginners' challenge, and advanced players have to complete their own challenge AND the intermediate. Answers on Coffee Break back page.

Beginner	58	+5	÷7	x6	DOUBLE IT	÷3	+40	1/2 OF IT	+10	÷6	YOUR ANSWERS
Intermediate	28	+42	TIMES ITSELF	5% OF IT	2/5 OF IT	+6	1/8 OF IT	TIMES ITSELF	+6	11/25 OF IT	
Advanced	89	50% OF IT	x10	LESS 20%	-100	62 1/2% OF IT	PLUS 45%	LESS 12 1/2%	-50	8/17 OF IT	

NAME GAME

HIDDEN in the grid is the name of a former tennis star. Answer the questions, then re-arrange the letters corresponding to your answers to fill in the name. Solution tomorrow.

1	2	3	4	5	6	7	8	9	10

BOX 1: In which year did Virginia Wade (pictured) win the women's singles title at Wimbledon?
1975 (K)
1977 (S)
1979 (C)

BOX 2: What is the approximate length in kilometres of the River Shannon?
360km (I)
400km (Y)
440km (H)

BOX 3: What is the official language of Sierra Leone?
English (E)
French (O)
Portuguese (P)

BOX 4: Renin is an enzyme secreted by which human organ?
Liver (C)
Kidneys (R)
Heart (H)

BOX 5: What is a weevil?

Beetle (A)
Bird (N)
Frog (U)

BOX 6: Pablo Honey was the 1993 debut album by which band?

Blur (M)
Pulp (L)
Radiohead (T)

BOX 7: Who won last year's World Snooker Championship?

Mark Williams (G)
John Higgins (W)
Ronnie O'Sullivan (B)

BOX 8: Who won the Best Actor Oscar in 1994 for his role in the film Philadelphia?
Tom Hanks (F)

Michael Douglas (D)
Dustin Hoffman (V)

BOX 9: In which part of the human body is the gastrocnemius muscle?

Arm (J)
Leg (F)
Neck (X)

BOX 10: Thomas Gradgrind and Sissy Jupe are characters from which novel by Charles Dickens?

Hard Times (F)
Little Dorrit (Z)
Oliver Twist (R)

Yesterday's answer:
KYM MARSH
(1K, 2A, 3R 4M, 5Y, 6H, 7M, 8S).



Picture: GETTY / TONY DUFFY

SUDOKU X

	5				
	6				
	2	3			
2		1			

PUT each of the digits 1-6 once in every row, column, diagonal (highlighted to form an X) and horizontal 3 x 2 box (ruled). Solution tomorrow.

QUICK QUIZ

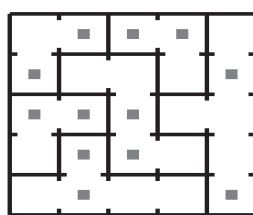
1. What is the first name of Susannah Fielding's character in the comedy series This Time With Alan Partridge?
2. In which country is the town of Darjeeling?
3. Which Oscar-winning English actor has been married to actress Sinéad Cusack since 1978?
4. In which decade was RTÉ Northern editor and Brexit aficionado Tommie Gorman born?
5. What is the name of the US retailer founded in Minneapolis in 1902?

ANSWERS ON BACK OF COFFEE BREAK

SOLUTIONS TO YESTERDAY'S PUZZLES

FOR yesterday's Sudoku and Sudoku X solutions, see overleaf

V	T	R	Y	B
P	O	D	A	K
X	L	G	N	Q
S	E	I	U	M
H	C	F	W	J



L	I	D
C	O	M
S	C	A
S	U	G
M	E	Y

GUACAMOLE

15	18	19	42	43
14	12	16	17	20
13	11	10	21	26
8	9	22	27	28
7	3	2	23	24
4	6	1	31	30
5	32	33	34	36

PITCHERWITS™



1a. Shoe — genuine mistake for place of power (6,5)



14a. Separate melody ends act in play (7)



1d. Tone deaf? Don't have it! (3,3,5)



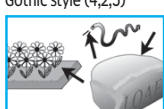
6d. Upset at being in Northern parts, USA (7)



5a. Insures scheme for daybreak (7)



16a. Surface of motel, Gothic style (4,2,5)

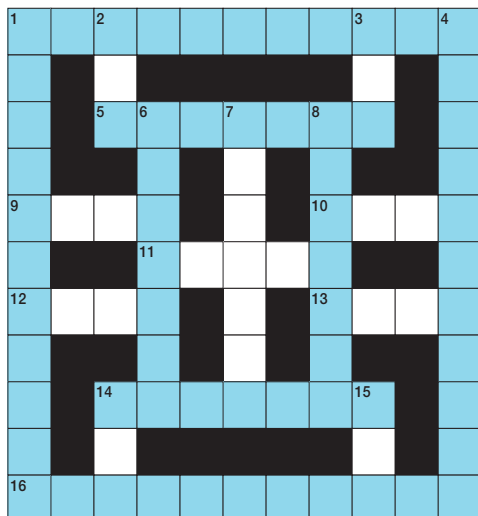


4d. Actress, hurt about something to live on (6,5)



8d. Cheese from tin, lost and grated (7)

Pit your wits against Pitcherwits — the exciting puzzle where some of the answers are in pictures! The solutions to the visual clues fit into the shaded spaces on the grid. Solution tomorrow.



ACROSS

- 1 Picture Clue
5 Picture Clue
9 Musical piece in soup recipe (4)
10 It's a measure of unflinching cutbacks (4)
11 Controlled section for ugly one (5)
12 From Icarus comes a bit of rock (4)
13 Coastal chalk, mined for powder (4)
14 Picture Clue
16 Picture Clue

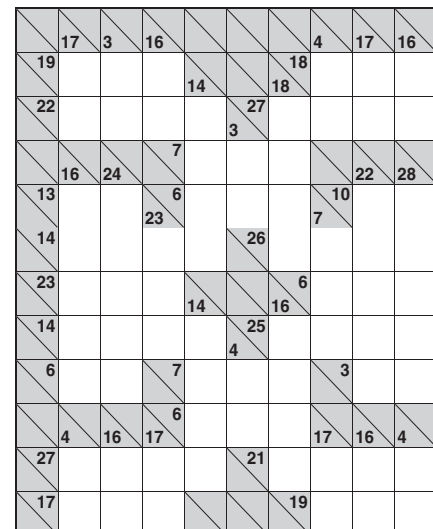
DOWN

- 1 Picture Clue
2 Being as how it has some fuel (3)
3 House — at the end of the exercise (3)
4 Picture Clue
6 Picture Clue
7 Unfeeling and cruel, with Dean off notice-board (7)
8 Picture Clue
14 It's crazy to go up and block (3)
15 Little boat — can be gut-wrenching! (3)

Yesterday's solution **ACROSS**: 1 Fatherlike, 5 Beetroot, 9 Snub, 10 Dame, 11 Exile, 12 Axis, 14 Pram, 15 Knee-hole, 18 Bottled out. **DOWN**: 1 Flashback, 2 Hobbles, 3 Lit, 4 Ego, 6 Eat into, 7 Ova, 8 Treatment, 10 Deep end, 13 Ice, 16 Nib, 17 Hat.

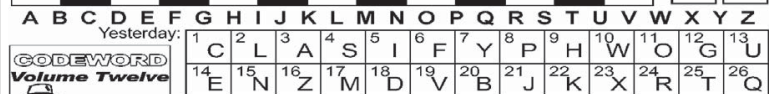
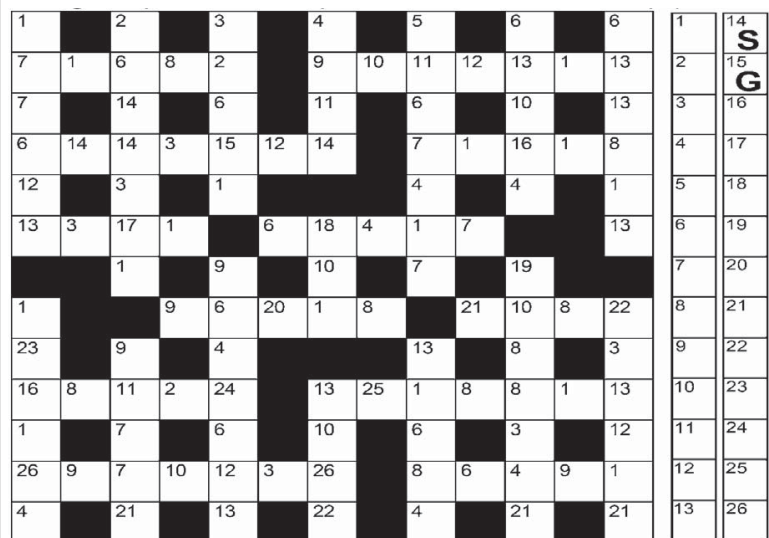
KAKURO

FILL in the blank squares of the grid using only the numbers 1 to 9, without repeating any number in any line of blank squares. The lines must be filled in with numbers which add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of a shaded box gives a downwards total: in the top half, it's a horizontal total. Solution tomorrow.



CODEWORD

EACH number in our Codeword grid represents a different letter of the alphabet. For example, today 14 represents S, so fill in S every time the figure 14 appears. You have two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the list of alphabetical letters as you identify them. Solution in tomorrow's paper.



Need a little help getting started? Then call for up to four extra clue letters on: **1550 718 708**. Calls cost no more than 95c. Mobile rates may vary

WORLD'S SMALLEST, HARDEST CROSSWORD

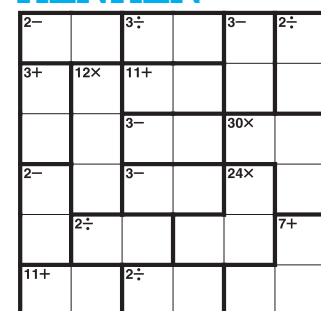


ACROSS

1. Budgetary excess (3)
4. Maori ceremonial war dance (4)
5. Mine opening (4)
6. Japanese coin (3)
DOWN
1. Lose brightness (4)
2. Related (4)
3. Shabby articles (3)
4. Comprises (3)

Yesterday's solution **ACROSS**: 1 Achy, 5 Toea, 6 Trin, 7 Nerk. **DOWN**: 1 Attn, 2 Core, 3 Heir, 4 Yank.

KENKEN

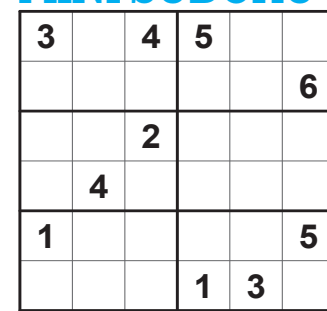


Each row and column must contain the numbers 1 to 6 without repeats. The numbers in the 'cages' (heavily outlined boxes) must combine to produce the target number shown at the start of that cage, using, in any order, the mathematical sign given. Single box cages can be filled in with the number given. Solution tomorrow.

Yesterday's KenKen solution

2	1	3	4	6	5
4	3	6	1	5	2
1	2	4	5	3	6
6	4	5	2	1	3
3	5	1	6	2	4
5	6	2	3	4	1

MINI SUDOKU



★★★☆☆

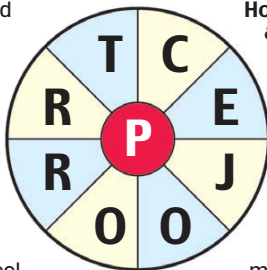
COMPLETE the grid so that every row, each column and each 2x3 box contains every digit from 1 to 6. Solution tomorrow.

Yesterday's Mini Sudoku solution

6	4	5	1	2	3
1	3	2	6	4	5
5	2	1	3	6	4
4	6	3	5	1	2
2	5	6	4	3	1
3	1	4	2	5	6

WORD WHEEL

YOU have ten minutes to find as many words as possible using the letters in the wheel. Each word must use the hub letter and at least three others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one nine-letter word in the wheel, for which today's clue is: Scheme, or apparatus for showing a film.



How you rate: 15 words, average; 20 words, good; 25 words, very good; 30 or more, excellent.

Yesterday's words: accent, acne, amen, ament, ante, anthem, cane, cant, **catchment**, cent, chance, chant, enact, etchant, hance, hetman, mane, mean, meant, name, natch, neat, neath, nema, nett, tanh, tenth, tent, tenth, than, thane, then.

MINDBENDER

- In a survey of 1,000 people from Lancashire, 801 said they had supped ale at King Verence's coronation, 469 said they had slurped mead and 412 had enjoyed both. How many people imbibed neither ale nor mead at the event?
- What connects blanket, honeycomb and book?
- Which TD may have a CLAWLIKE MAC?
- Which is the odd one out: Raphael, Leonardo, Caravaggio, Michelangelo?
- Crack the code to find three Roman deities: UFYZ, GPYFD, GFWNLY.

MASTERQUIZ

- The stage musical Promises, Promises is based on which Billy Wilder movie?
- The Opian Hill is the southernmost spur of which of the Seven Hills of Rome?
- Nice, in the South of France, sits on which bay?
- Activist and entrepreneur Meg Mathews is the ex-wife of which rock musician?
- In Greek mythology, the giant Argus had more than the usual complement of which physical feature?
- What nationality is the largest non-native minority group in Iceland?

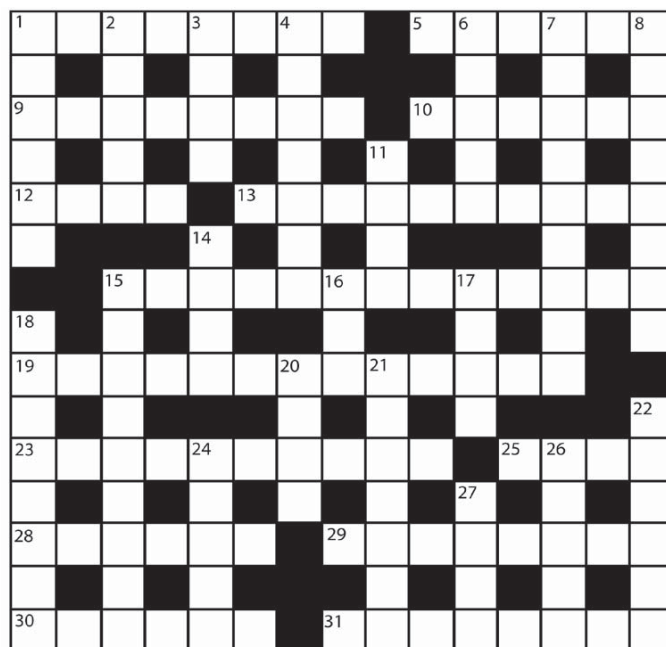
Answers on Page 10

IRISH DAILY MAIL CROSSWORD

No 16,035

ACROSS

- 1 A new smell controlled by clean protein (8)
5 Consume part of Ulysses book that's withdrawn (6)
9 Subdue unit director in urban area (4,4)
10 Take in sailor and soldiers in small boat at first (6)
12 Swerve, very nearly running over European (4)
13 Major operation map exchanged for one in transit (10)
15 Dashing duke is aiming to bring in a piano (13)
19 Being exploitative, left new units in charge after work (13)
23 Prior's neat and decent out of order (10)
25 Fair perhaps misled, having no margins (4)
28 Someone taking stock to market, right inside port (6)
29 Naturally creative traits shaped in class primarily (8)
30 Makes good punches (6)
31 Quiet lady's excited about doctor singing in church (8)



DOWN

- 1 Voice writer's added after part of play (6)
2 Trace what's covered by printing error (5)
3 Newly-wed loses right to remain (4)
4 A little early moisture expected, say, to decrease (7)
6 Monk's music first

- 7 to break box office record limits (5)
8 Is he always taking selfies for one Arab about to turn? (9)
11 Deliberately wreck second boat at sea in time (8)
12 Fascinated by odd parts of ignition (4)
14 Originally the supreme autocratic ruler? (4)

- 15 Swim harbour with minimal clothing, sort of ligature (9)
16 Harshly criticise god (3)
17 You may need crackers to open these crackers (4)
18 Officer with ruler perforated utensil (8)
20 Release gun dog out of bounds (4)
21 Bar part of

SOLUTION TO CROSSWORD No 16,032

ACROSS: 1 Abscond, 5 Titian, 9 Fleming, 10 Albumen, 11 Imp, 12 Stockholder, 13 Tenor, 14 Adulatory, 16 Pepper pot, 17 Ethos, 19 Word-perfect, 22 Ton, 23 Amnesia, 24 Besmear, 26 Friend, 27 Weighty.

DOWN

1 Afflict, 2 Sleeping partner, 3 Obi, 4 Doggo, 5 Tracksuit, 6 Taboo, 7 Armed to the teeth, 8 In-tray, 12 Spree, 14 Ampersand, 15 Adept, 16 Pawpaw, 18 Synergy, 20 Paste, 21 Elbow, 25 Ski.

County Down producing off (7)
22 Forget lines involving key notice (6)
24 Comb top of mountain (5)
26 Charlotte's finally given up argument (3-2)
27 Either way, Bachelor of Laws retains one invoice (4)

SUDOKU FILL in all the squares in the grid so that each row, column and each of the 3x3 squares contains all the digits from 1 to 9. Solutions tomorrow.

		5	3	4		6		
6						3	1	
7								9
	1				5			
			7			8	4	
8	7			1	6			
1			5					
	2	3						7
				9	2	5		6

			9	6			4	
			4		7			
1	9					3		
7				6				9
	1							
	2						3	8
6			5	7	9			
3						8		
		5	6					7

Difficulty rating ★★★★★

Difficulty rating ★★★★★

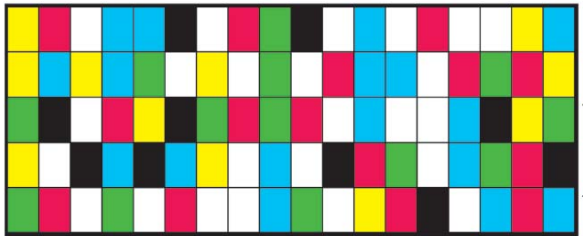
3	1	7	9	2	5	7	6	4	9	1	2	3	8
5	7	3	6	4	9	8	1	6	3	2	7	4	5
6	2	1	5	8	4	3	2	5	7	8	9	6	1
4	8	9	7	1	3	6	8	9	2	4	1	5	7
7	6	8	2	5	7	9	4	1	8	5	3	2	6
2	9	6	4	3	2	1	5	3	6	7	4	8	9
8	4	5	3	9	6	4	3	7	5	9	8	1	2
9	3	4	1	6	8	5	7	2	1	3	6	9	4
1	5	2	8	7	1	2	9	8	4	6	5	7	3

★★★★★

3	7	4	9	8	1	7	8	4	3	2	6	5	9
2	4	1	7	5	2	5	4	1	9	6	8	3	7
1	9	6	3	2	3	6	9	7	5	8	2	1	4
4	5	2	8	6	5	8	2	9	4	1	7	6	3
3	8	3	4	1	4	1	3	6	2	7	5	9	8
5	1	7	5	9	7	9	6	5	8	3	4	2	1
7	6	8	2	4	6	4	5	3	7	9	1	8	2
5	2	9	1	3	9	2	1	8	6	4	3	7	5
3	3	5	6	7	8	3	7	2	1	5	9	4	6

★★★★★

DOODLE-DO



BLACK in all the shapes containing the colour shown (left). Are you starting to see the shapes of some of the letters? Now black in another set of colours. The remaining pattern should spell out a five-letter word. To give you a clue, one of the letters is shown here: K _ _ _ _

SOLUTION ON NEXT PAGE

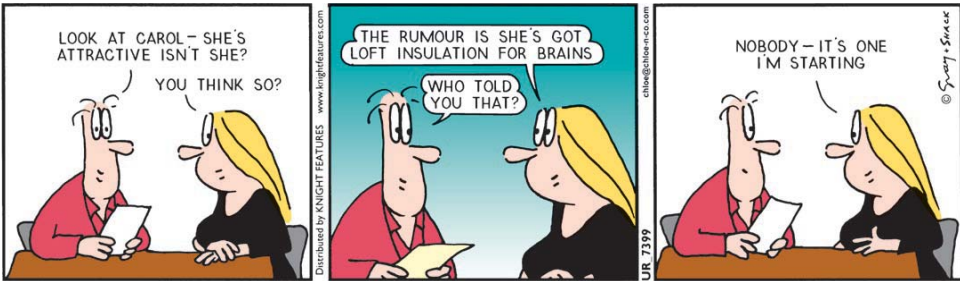
GARFIELD



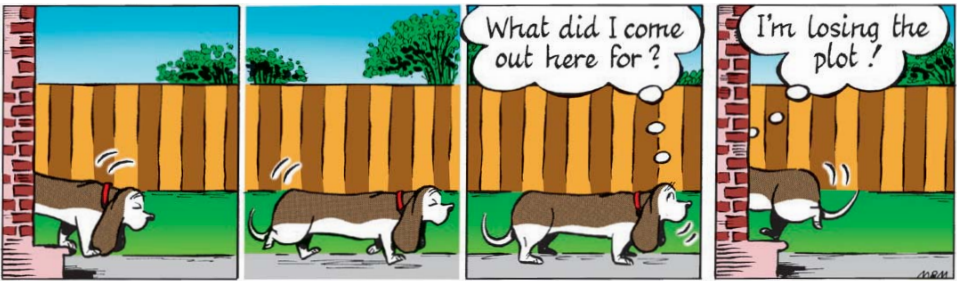
ODD STREAK



CHLOE & CO



FRED BASSET



SCRABBLE BRAND

G₂ R₁ A₁ M₃ S₁

The board on the right shows four rows of letters from a typical Scrabble game. Use each row to form a word of 2-7 letters and write it in the blank squares provided. Then add up the score for each row. Don't forget to use the double and triple word and letter scores — and add a 50-point bonus for every 7-letter word. Blank tiles can be used for any letter but have no score. See tomorrow's paper for the solution.

A ₁	F ₄	S ₁	F ₄	Y ₄	L ₁	I ₁
M ₃	L ₁	C ₃	U ₁	I ₁	A ₁	U ₁
R ₁	R ₁	R ₁	H ₄	H ₄	U ₁	A ₁
A ₁	L ₁	I ₁	D ₂	K ₅	H ₄	U ₁

Triple Word Score

Double Word Score

Double Word Score

Triple Word Score

PAR SCORE 115-125 by JUDD

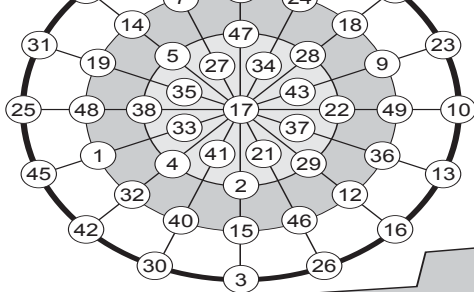
FOUR RACK TOTAL TIME LIMIT: 20 MIN

Yesterday's solution: BEDROOM 62 DULLARD 77 NINEPIN 65 EXAMINE 66 JUDD'S TOTAL: 270

©1997, United Feature Syndicate, Inc.

LOTTERY LOTTO

Eliminate 43 balls and WIN THE JACKPOT! Ink-in all eliminated balls as you go.



Your six jackpot balls must total 179

ELIMINATIONS (Write numbers alongside) (30) and all even-numbered balls in the thirties (12) and the ball with reverse these digits (9) and single-digit balls lower in position (28) and the ball 0.25 times this number (39) and the thirty-ninth greatest ball of the 49 (47) and lesser odd-numbered balls in the forties (26) and balls on its circle with a 2 or 6 (18) and the ball 1.5 times this number (22) and the ball 150% of this number (14) and all balls on its circle with one 4 (13) and two balls which total 13 (29) and two balls which total 29

Solution overleaf

CROSS NUMBER

THERE MAY BE MORE THAN ONE SOLUTION					25
			8		13
5					29
		7			29
		3			13
13	24	15	32	24	

Today's challenge time 11 mins 4secs Min Secs

FILL each square with a number, 1 to 9. Horizontal squares should add up to totals on right. Vertical squares should add up to totals on bottom. Diagonal squares through centre should add up to totals in top and bottom right. Solution tomorrow. By Linus Maurer ©2015 King Features Inc.

Yesterday's Sudoku X solution

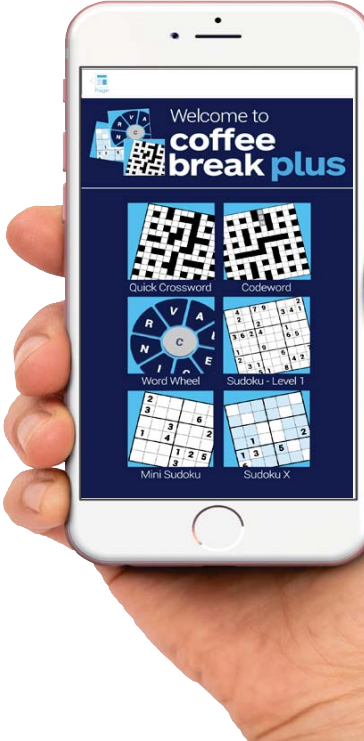
4	1	5	2	3	6
6	3	2	5	1	4
1	2	6	4	5	3
5	4	3	1	6	2
3	5	4	6	2	1
2	6	1	3	4	5

Yesterday's Cross Number solution

1	7	1	9	18
6	5	7	9	27
5	7	6	9	27
8	6	6	4	24
20	25	20	31	16

PLAY brilliant interactive puzzles with Irish Mail plus

26 interactive puzzles every morning straight to your mobile device



Go to www.mailsubscriptions.ie

ARIES Mar 21 – Apr 20 **WITH** so much going on in your life, could you be pushing yourself dangerously close to the limit of your abilities? When you're sailing so close to the wind, will taking on 'just one more thing' be enough to make you fly out of control? The answer is a definitive 'no'! It's true you're wrestling with a problem that feels as if it might be too much to handle. But, in the build-up to the Astrological Blue Moon, it's easy to attribute more drama to a situation than it merits. What seems big now will soon look small. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

TAURUS Apr 21 – May 21 **CAROLE KING** caught the spirit of intimacy and comradeship in her song You've Got A Friend. It's almost impossible to analyse the ingredients that make friendship work – and perfectly OK to accept that you feel good in the company of one person, but edgy if you spend too much time with another. If you feel in need of a companion who understands your current situation without you having to explain everything, the approaching Astrological Blue Moon brings the person you need. All you have to do is call. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

GEMINI May 22 – June 22 **THERE** are few things more irritating than being told a truism after you have made a mistake: 'You didn't think that one through, did you?' or 'You're going to have to face the facts now.' As if you hadn't worked it out for yourself! Yet, right now, the reproachful voice isn't coming from anyone else's lips: it's you giving yourself a hard time. Yes, there are some facts to face. Your attempts at solving a problem might not have worked as well as you'd hoped. But you tried – and you learned. Don't give up. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

CANCER June 23 – July 23 **SOMETHING** has got under your skin. And, although you have refrained from stamping your feet, your feelings are leaking out in little bursts of impatience and short-tempered responses to simple questions. You are, of course, feeling extra-sensitive during the approach to the Astrological Blue Moon. If you look

OSCAR CAINER



AS WE approach Good Friday, there's a worthy celestial event arising. The Libran Moon climbs above the horizon at the end of the week. It's the second Full Moon to arrive in Libra, thus making it an Astrological Full Blue Moon – a rare and powerful event.

It suggests that an important milestone can be achieved. The illumination it brings, plus the fulfilment it promises, will help us to realise ambitious goals for ourselves and in relationships, too. It's a potent portent for the holiday season that lies ahead.

again at what has happened, you can find a simple way to heal any hurt with gentle humour. Don't forget your light-hearted side. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

LEO July 24 – Aug 23 **'I DON'T** wanna go to school, I just wanna break the rules.' This lyric from pop singer Charli XCX sums up the teenage desire for freedom. It also hints at the potential that these next few days hold for you, when you embrace the opportunities they present. The Astrological Blue Moon energises you and frees you from an emotional tie. The sense of liberation allows you to relax and take some time for yourself. The extra good news is that no one's feelings will be injured as you enjoy your independence. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

VIRGO Aug 24 – Sep 23 **IF YOU** want something to be exactly right, that's fine – just remember it will take time and a supply of patience. You'll have to work hard if you want to reach such a high standard. Depending on what you're trying to achieve, exasperation might be a more likely outcome than contentment. Which doesn't mean you should abandon your attempts to put things right. But you don't need to become stressed striving for an impossible goal. Set aside your natural perfectionism: 'good enough' is good enough. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

LIBRA Sep 24 – Oct 23 **WHEN** we are experiencing a moment of high emotion, it's hard to imagine being in any other state of mind. That goes for the good times and the bad. When we're feeling happy, for a short while it seems as if life will be like that for ever. And when we're sad? Well, that's the thing. Emotions know no future and no past; they eclipse logic and reason. If you're feeling like your current mood may never change, prepare for the Astrological Blue Moon. Get ready to be uplifted, inspired and excited. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

SCORPIO Oct 24 – Nov 22 **YOUR** nerves are on edge. You keep experiencing situations that make little sense and leave you with a feeling of dislocation. Each time you try to get a grip on what's going on, the situation turns to sand in your hands. With other people offering cryptic responses, it's no wonder you've been concerned. But, even though you have real reasons to be anxious, these difficulties are passing. The build-up to the Astrological Blue Moon highlights what's wrong before it shows the way to make things right. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

SAGITTARIUS Nov 23 – Dec 21 **'IT TAKES** me and you.' Marvin Gaye's lyrics highlight our basic human needs, but there are many species, including types of starfish, bees, lizards, sharks and even turkeys, that don't need a partner to procreate. As for the rest

of us... it seems we need each other for something, at least! And that's not all we need other people for. Problem-solving is often better when two heads get together. You could survive today by yourself, but, for magic to happen, you need to co-operate. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

CAPRICORN Dec 22 – Jan 20 **THERE** are plenty of accounts from people who have had near-death experiences. They describe travelling towards a bright light and feeling a deep sense of peace. Were they on their way to meet their maker, before they were brought back to the mortal plane? Some folk believe we contact the creator simply by allowing the extraordinary natural beauty of the world into our hearts. Rather than preparing for a difficulty, if you feel gratitude for what you have you'll be able to share joy today. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

AQUARIUS Jan 21 – Feb 19 **'THESE** dreams go on when I close my eyes... Every moment I'm awake, the further I'm away.' Bernie Taupin's lyrics are a reminder that our dreams shed light on to our waking lives. Some psychologists say our nightly imaginings are the efforts of our subconscious, helping us to make sense of things. When you've lived through a challenging situation, a dream or a period of wakeful deep thought (or meditation) can hold the key to resolving any lingering issues. For answers now, trust your heart. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

PISCES Feb 20 – Mar 20 **WHERE** there's a low, there is always a high. It's just that, sometimes, the peaks don't appear as swiftly as we'd like. If we navigate through life by optimism alone, we can find ourselves on the wildest of goose chases. That's why it's best to approach challenges with a sense of realism. That's not the same as pessimism. As long as you're sure that you want to stay involved in a project, you can harness the power of the Astrological Blue Moon. There's good reason to think that your positive outlook is justified. A rare Astrological Blue Moon brings exciting creative power. Use it and transform your life. For valuable news, call 1550 511 611.

Calls cost 95c per minute. Mobile rates vary (Technical helpdesk: 0044 800 138 9789).

READINGS

text: **FATE** to: **57030**

€2.50 per sms

57030 calls cost €2.50 per SMS received. You must include your date of birth and question together in the SMS or you may still be charged. This service is for entertainment purposes only. Over 18's only. Helpline BDC 0818 286 600.

SPRING SALE

Get the Irish Mail Plus app for ONLY €1

Just go to mailplus.ie

Irish Mail plus

FUTOSHIKI SOLUTIONS

4	5	3	1	2
5	3	1	2	4
2	1	4	3	5
3	4	2	5	1
1	2	5	4	3
1	4	5	3	2
4	2	3	5	1
5	3	1	2	4
2	5	4	1	3
3	1	2	4	5

Read, watch, listen and play. Any time, anywhere.

READ the Irish Daily Mail and Irish Mail on Sunday exactly as it appears in print – 7 days a week on your tablet, phone or computer. WATCH videos and look at breathtaking photos. PLAY amazing, interactive puzzles – with hints, timers and prizes

PUZZLE SOLUTIONS

QUICK QUIZ ANSWERS:
1 Jennie. 2 India. 3 Jeremy Irons. 4 1950s. 5 Target.

MINDBENDER ANSWERS: 1 142 people. 2 They are all types of tripe. 3 Mick Wallace. 4 Caravaggio; the others are

Teenage Mutant Ninja Turtles named after Italian painters. 5 Juno, Venus, Vulcan (A becomes P, B becomes Q, etc).

MASTERQUIZ ANSWERS: 1 The Apartment. 2 Esquiline. 3 Baie des Anges. 4 Noel Gallagher. 5 Eyes. 6 Polish.

LOTTERY LOTTO
(15) (17) (31) (35) (37) (44)

30-SECOND CHALLENGE ANSWERS: Beginner: 8. Intermediate: 77. Advanced: 72.

DOODLE-DO

The hidden word is **KARMA**



Me? Let you down? Neigh!

The mane attraction (clockwise from above): Caroline Lovett, Caroline Stagg, Stacie Allensby and Kristy Godsall



Pictures: JENNY GOODALL, MURRAY SANDERS, ALISTAIR HEAP

year. It's non-negotiable that I spend all my spare time with my family. They're not a hobby, they're my life.

Since then I've warned suitors that horses are part of the deal. Now, I'm finally seeing someone who totally understands!

Flash changed me as a person. I'm a better rider, but I'm also more accepting and more tolerant of not only other people but also of myself.

NO MAN LISTENS TO ME LIKE BARNEY

STACIE ALLENSBY, 37, is now married to Paul, 38. They run a taxi company and have two children, Jack, ten and Skye, eight.

BARNEY has been in my life for 15 years. Our relationship is the longest one I've ever had with a male.

The reason for welcoming Barney into my world came as my first marriage broke down. I was just 17 when we met, and it was a relationship fuelled by dramatic break-ups and make-ups.

Looking back, there was no fault, we were simply too young. I walked out after five years. It was the right

able to afford one. When a friend suggested that we go and visit a horse show one weekend, I was happy to tag along.

I was swept up in the excitement of the day and, when a lady gave me a number for a yard where there were horses for sale, I got it into my head that this was a good thing to do!

I'd arranged to see a mare — I really didn't want another man in my life — but as a stable hand attempted to put a saddle on her, she bucked and wasn't having any of it.

I looked over a nearby gate and that's when I saw Barney giving me the once over.

For me, it was love at first sight. Within minutes I was in the saddle. The feeling of coming home was indescribable.

Barney, then 12, was in his prime. He's a large, rather hairy, chestnut and white, heavyweight, cob skewbald. I paid a deposit for him then and there.

Mum was astonished when I told her what I had spent €2,000 on, exclaiming: 'What the heck have you got yourself a horse for?'

Barney helped me in ways that I didn't know an animal could. Every morning while mucking him out I'd get my feelings off my chest, then we'd disappear off into the woods for hours.

I would complain to Barney

thing to do. I'd spent virtually the last year we were together in tears. I moved out of the flat we shared and back in with Mum.

I had no one to talk to, I didn't want to burden my family with my relationship woes, and I was desperately lonely.

It took a couple of months to arrive at a financial settlement that my ex and I were happy with. The sensible thing would have been to use the money he gave me towards a deposit for a flat, but fate intervened.

I'd always been mad about horses, although I'd never been

about the state of my love life, grumbling until I was blue in the face! No one else would have listened so attentively to me. Friends going through their own relationship woes chose to find comfort in alcohol. I'd never judge, but that could so easily have been me. Barney was a healthy alternative to going out partying.

I met my husband, Paul, a year after I bought Barney. I introduced them to one another a month after we started dating. Paul isn't a horse person and never will be, but he respects how much the 'other male' in my life means to me.

He knows that Barney helped me through a difficult period and that we came as a package. Even though I am now married with

children, I see Barney, now 27, twice daily. I still consider him my best friend.

Taking on Barney was the best thing I have ever done, that's why he'll always be in my life. He's an absolute saint.

THREE STEPS TO DELICIOUS

Yummy recipes from just 3 ingredients.

This week:



700G BUTTERNUT SQUASH,
DICED INTO CUBES

+



1 X 400G TIN OF COCONUT MILK

+



1 FRESH RED CHILLI

=

SPICY SQUASH
SOUP

SERVES 2-4



1. Preheat the oven to 200c (fan 180c). Spread the diced squash out in a heatproof dish, with a drizzle of olive oil, and roast for 40 minutes until tender.

2. While it cooks, de-seed and finely chop the chilli. Let the roast squash cool slightly before putting it in a blender with the chilli. You can also mash it by hand, but blending will make it much smoother.

3. Add half the tin of coconut milk and pulse to combine. Put the other half in a large saucepan over a medium heat. Add the pureed spiced squash to the pan and stir well.

4. Turn up the heat and simmer the soup until bubbling and fragrant. If you want to thin it out, you can add a little water at this stage.

5. Serve hot, with parsley and cubes of feta on top. It also freezes well, for up to a month.

BY SARAH RAINEY

AT 48, I do no exercise, detest hot weather and have a phobia about being told what to do. And so it is with no little surprise that I find myself on a Spanish beach in the blazing sun executing star jumps while being shouted at to: 'Dig deep'.

The only digging I would like to do is to claw my way out of this situation — and fast. And yet the beach boot camp appears to have become a contemporary rite of passage, even for fitness no-hopers such as myself.

Where once we were exhorted to 'drop a few pounds' ahead of the summer months, now we are told we must get 'mean and lean' via strenuous exercise; hitting the beach in order to acquire a beach body, as it were.

Personally, my bikini-fit strategy has long been not to own a bikini. No one's forcing us to strip off, after all.

Still, I may soon be a lone refusenik. The Global Wellness Institute's 2019 report puts wellness tourism at a \$639 billion (£565 billion) global market, growing more than twice as fast as traditional tourism.

And, if you are going to sign up to a camp, then my hosts, 38 Degrees North, are the most respected squadron about. The original beach fit company — just awarded Most Innovative Tour Operator 2019 at the Travel & Hospitality Awards — is run by James and Claire Davis.

Since 2012, the husband-and-wife team have trained thousands of clients including famously fit types such as TOWIE's Lucy Mecklenburgh, Made In Chelsea's Ashley James, singer Ashley Roberts and TV presenter Melanie Sykes.

Claire is a lifestyle coach and personal trainer; James a psychology-led health coach. The company's name is based on the latitude of its original venue, Ibiza, and the pair's invitation to 'reset your coordinates'.

Each retreat — summer camps are in Ibiza, winter ones in Marbella — averages about five clients, which means that everything can be tailored to specific individual needs. Once clients have graduated from the programme, the couple's Academy has seen many renounce costly gym memberships to train with them online for €1.20 a day.

CLAIRE and James inspire great loyalty in their tribe of super-fit glamazons: a fifth come back for more, while the Academy boasts a 96 per cent retention rate. All in, the pair have about 1,800 virtual clients — not so much customers as disciples.

It looks unlikely I will become one of these acolytes, given my horror of sun, exercise and anything resembling discipline. I arrive at Marbella's five-star Puente Romano Beach Resort on a Thursday lunchtime full of doom.

Despite not having exercised in years, I always used to have a degree of what one might call 'residual fitness', I explain to my cheery new mentors. If (really) pushed, I could turn out a 20-minute jog on a running machine. However, I've been under the weather since last October and, therefore, have barely moved. I have also been eating my feelings: my feelings tasting like chips, ice cream, and mac 'n' cheese.

'Please don't worry,' reassures James. 'We cater for all abilities and hate the drill-sergeant approach.'

'Recently, we had a professional rugby player and a 20st woman,' notes Claire brightly. It is clear I am not in the rugby player category.

'We don't do faddy diets, we don't do faddy anything,' she enthuses. 'Think of this as a way of becoming excited about exercise.'

38 Degree's gender ratio tends to be 75 per cent female, largely in the 40-plus age group. For, despite the young reality television starlets who live for their retreats, the pair specialise in the horrors of middle age, offering their own midlife mentoring programme.

'We're midlifers ourselves,' explains Claire (she is about to turn 40, James is 46), 'so can relate to the lifestyle pressures

and physiological changes. Crucially, we also believe we're the generation most in need of support. Generation X — that is, Generation Squeezed — is juggling work alongside caring for children and ageing parents.

'There's pressure to be at the top of our game, meaning the potential to feel as if we've failed is enormous. Well-being can slump and anxiety rise.

'We offer practical solutions to regain control, not only of our physical, but mental health. This doesn't have to be a time of crisis. It can be an opportunity to redefine who we are and what we want.'

My fellow classmates and I certainly conform to this rubric. Penny, 53, who is married with her own business, is a super-fit triathlete, but feels she has plateaued and is losing confidence due to the menopause.

Leia, 40, a single charity manager, is carrying more weight than she'd like, and is determined to beat years of boom and bust dieting. As for me, I want a reset

Hate exercising? HANNAH BETTS did... so we sent her to the trainers in the sun who claim they can whip ANYONE into shape

Can a beach boot camp cure my fitness phobia?

to remind myself who I am, eating-wise, and spur myself finally to start moving.

All of us are hoping to avoid the health issues our parents fell into. Penny's father had Parkinson's disease, Leia's mother suffered from breast cancer, while both my parents faced mobility difficulties in their 60s.

If I wanted an example of how one must use it or lose it, I wouldn't have to look far.

James takes me aside for a body composition analysis. Comfort eating has rendered me a few pounds heavier than usual, but I'm still within my BMI.

My visceral fat (blubber surrounding the abdominal organs) is low at 6, as it should be. (Between 1 and 12 qualifies as healthy, 13 to 59 excessive).

However, my metabolic age (or calorie-burning efficiency) is revealed to be 49 — a whole year older than my actual age! Moreover, my body fat is at 34 per cent, towards the upper limit of the healthy range for my age.

According to James, I should be

aiming at about 27 per cent, even accounting for my E-cup.

I am then forced to race this decrepit form up and down a tennis court for a fitness assessment. Unsurprisingly, I emerge as the least athletic.

The pair analyse my gait and find I run pigeon-toed until I pick up speed.

Mortifyingly, I've simply forgotten how it's done. On being asked to do a burpee, I confess that I don't know what this is, and am strong enough merely for a push up against a low wall.

'You've got this!' encourages Claire, when I patently haven't.

We end with a coastal run, or, in my case, stagger. Only in the field of swearing, do I excel.

Next morning, I wake up in the world's most apocalyptic mood, not helped by being required to be on the beach for fasted High-Intensity Interval Training (HIIT), in which intense cardio is interspersed with brief recovery periods. Doing this without breakfast, on a night's empty stomach, taps into one's body fat,



'I wake in an apocalyptic mood. Claire and James treat me like an unexploded bomb...'



Fighting fit: Hannah on the beach. Inset, trainers James and Claire Davis

thing called Insanity — which it is — four 30-second blocks of moves such as squat punches, tyre runs and side lunges, done three times, then again another four, followed by yoga.

I look like hell: straggly-haired, slimy with sunblock, lurching about like the aged crone I am. However, I am yet to Google: 'Where's my nearest Zara?', which I usually do in moments of high angst.

Sunday brings more HIIT, followed by our choice of exercise. Leia demands another gym session, Penny longs to box, while I decide to walk next to the waves. We discuss what we have loved most, or, in my case, disliked least.

I joke with my classmates that it is obvious to me what they need to do, in the way that it's always clear the changes other people need to make.

THE already fit-as-a-flea Penny should set herself a couple of big goals a year to motivate herself and build confidence. Meanwhile, Leia should cut out booze for three months for immediate weight loss, give herself time to exercise and because one great change makes way for others.

'And I guess you both think I should just get off my a**e and move,' I add. 'Yup, exactly that,' beams Leia.

I will miss our unlikely posse. Small wonder that so many of James and Claire's customers come back for more, some as many as five or six times.

I hated the experience, obviously. However, I would do it again. My weekend was the proof I needed that I can bestir myself, even at 8am, even when not terribly well; then do it all again a couple of hours later, and a couple of hours after that. I have started eating properly again, my waist feels smaller, my stomach tighter to the touch.

I wasn't re-measured, but those who have been have shed 2 to 3 per cent body fat, dropping their metabolic age by two to three years.

Most importantly, I feel capable of something, at least — and something is where this stuff starts. On the drive back to the airport, I purchase new trainers, locate my local gym and sign up to a yoga class; reset under way.

■ **MARBELLA long weekends** from €1,620 solo; €1,385 sharing, thirtyeightdegreesnorth.com

GET FIT IN 15 MINUTES

WHAT TO DO

TO IMPROVE your flexibility, try this leg extension exercise, says celebrity personal trainer Nadya Fairweather (u-shape.co.uk).

Grab a small hand towel or yoga strap. Lie on your back, left leg extended and relaxed on the floor, bend your right leg and loop the towel under your right foot.

Holding the ends of the towel, extend your right foot in the air.

Hold the stretch for a minute or until you feel yourself relax into it.

Switch legs. Repeat on the left. Include this stretch after your exercise routine on a regular basis when you are still warm as part of your cool down.

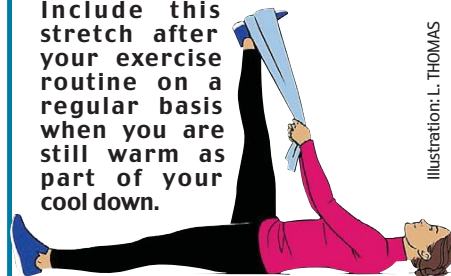


Illustration: L. THOMAS

WHAT TO EAT

IF YOU want to touch your toes, diet can help, too, says nutritionist Shona Wilkinson (shonawilkinson.com).

Red wine — and this will please many — contains an antioxidant called resveratrol. It can help to reduce inflammation, which will improve flexibility. But don't have too much, or it has the opposite effect.

Olive oil is a source of oleocanthal — it's what gives it its bitterness. Oleocanthal can also help to reduce inflammation. Always opt for extra virgin olive oil, for added health benefits.

Turmeric is rich in a substance called curcumin, which suppresses the production of certain chemicals, which can help to reduce pain and swelling. Try adding it to casseroles and even try turmeric tea.



WHAT TO WEAR



Sports bra, €60, sweatybetty.com; Top, €70, zalando.ie; Trainers, €122 wiggles.co.uk; Fitness tracker, €150.33, amazon.co.uk; Leggings, €125, net-a-porter.com



Styling: LIZ HEMMINGS

while the HIIT creates an oxygen debt, raising all-day calorie-burn. The team's goal is to provide us with an eight-minute routine we can use at home, or while travelling — no excuses permitted.

Not even milky tea is allowed to have passed our lips before our squats and jumping jacks.

'Failure is not an option!' commands James. 'It really is,' I think, scolding everyone else's gasps about: 'How wonderful it is to be outside,' what with the sea and swaying palm trees.

I can't face the talk of building 'hot botties' over breakfast, so sit my non-hot botty at another table to knock back eggs in the manner of Mr Strong.

My mood is not helped by our nutrition workshop, which brings out the rebellious school-girl in me. Think: calories in versus calories out, the uselessness of diets, the role of cortisol in weight gain and the brilliance of a spoonful of peanut butter in times of emergency (as it's a protein plus healthy fat).

I sulk my way through this,

functional fitness (beach circuit training) and cardio boxing, the latter providing an occasion to vent my rage.

The day closes with spinning, a core work-out of strenuous sit-ups, scissor kicks and stomach crunches, and a stretch session.

'Go hard! Burn that lactic acid!' cries Claire from her saddle, promising a 700-calorie bike burn. The only burn I can feel is in my private parts, which then go alarmingly numb.

Meanwhile, my most strenuous exertions have been storming around the resort's under-signposted meeting rooms and exercise areas while shouting the F-word.

Saturday is so scorchio that James greets us with: 'Welcome to a beautiful day on planet Earth.' I decide not to punch him because we're back on fasted HIIT rather than boxing.

My bra flies off mid-lunge a la Barbara Windsor in Carry On Camping. Braless, I am also brainless as I keep forgetting where I am, which Claire informs

me is thanks to oxygen leaving my brain for my muscles.

I'm also extremely emotional: upbeat one minute, suicidal the next. This is typical, apparently. Not only are we exercising like loons, we're asking ourselves: 'Who am I?' 'What have I become?' and 'Who do I want to be?' type questions, which come to a head in our afternoon goal-setting workshop.

My boyfriend had predicted that this will be when I lose my rag, goals not being part of the Betts vocabulary. In fact, it's almost enjoyable, with Claire and James treating me like the unexploded bomb I clearly am.

We look at specific rather than woolly aims (such as 'Get up at 7.30am and do HIIT'); what might hold us back (say, my lumpy depression); and finding our 'why', or our emotional motivation.

I resolve that this will involve not harnessing my positivity — I don't have any — but harnessing my negativity, or inner f*** you.

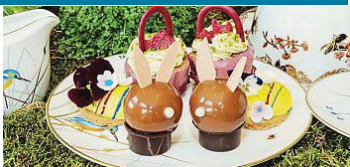
More exercise follows: some-

Pictures: JUDE EDGINGTON Hair and make-up: AMANDA CLARKE AT JOY GOODMAN

BITS AND PIECES

The tips and tricks that will make you happy this week

AFTERNOON DELIGHT



■ **THE Powerscourt Hotel Resort and Spa** has a limited edition Easter afternoon tea, designed by their Executive Pastry Chef, Pawel Batko. Enjoy Lemon Cheesecake 'Easter Egg' and Caramel Chocolate Mousse 'Bunny'. We are seriously egg-cited. €45 pp or €55 with bubbles, powerscourthotel.com

FAMILY FROLICS



■ **IT'S** not too late to book an Easter family break. The Radisson Blu Hotel Sligo are offering their Easter Family Fun package from April 23 to 25 from €409, based on two adults and two children under 12 sharing. The package includes a two-night B&B in a premium room, with dinner on one evening in the Classiebawn Restaurant. There's also a welcome pack, a Popcorn and Movie Night every evening, vouchers for ice-cream at the beach and family activities. See radissonblu.com/en/hotel-sligo

HIGH BROWS

■ **WE** love anything which helps to simplify a beauty regime, and this little gem from Kiss is a must-have for those who struggle to keep their brows in check. This pallet shapes, defines, fills and sets eyebrows with powder and wax, and even comes with stencils to help you with your handiwork. It's just €10 and is available from pharmacies and Dunnes Stores nationwide.



TOTES GORGEOUS



■ **WE** are eyeing up summer must-haves already. Like this up-cycled tote from Monsoon, €59, handcrafted by local women at Radico School, Delhi, India.

by Anna Maxted

ALTHOUGH it's more than 5,000 years old, the traditional practice of Ayurveda is enjoying a resurgence, thanks to a host of A-list fans.

Admirers include Gwyneth Paltrow, Julia Roberts and Jennifer Aniston, while celebrity cook Jasmine Hemsley's latest bestseller, *East By West*, is based on its principles.

Ayurveda is an ancient Indian healing system meaning 'science of life'. Using food as medicine, it is based on the principle that the five elements — earth, fire, water, air and space — combine within us to form our constitution.

Aiming to balance mind, body and spirit, it has found new popularity as a wellness tool. Now, Ayurveda expert Jody Vassallo has shown how it can help negotiate the menopause, too.

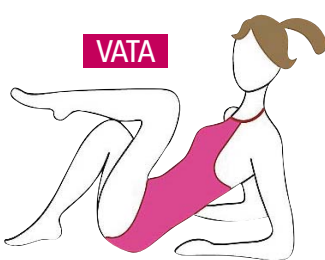
Vassallo, 52, says that as she neared menopause, her memory was affected: 'I was blown away by how forgetful I became. Prior to discovering Ayurveda, I was eating a very "heating" diet — lots of Asian foods. I never rested and I was intense. I needed to learn to calm down, slow down, cool down.'

In Ayurveda, there are three 'doshas', which represent the unique energy patterns within us that govern our physical and mental processes. Pitta is largely composed of fire and water, Vata predominantly air and space, and Kapha mainly water and earth.

Each dosha is prone to certain symptoms around the menopause. However, we all have a unique combination of elements and, while one dosha may be dominant, we don't all fit neatly into a single category.

We might be a Kapha, prone to weight gain and low mood, but be Pitta-imbalanced and so suffering hot flushes. Ayurveda treats imbalances with opposites. If there's overheating in the body, the aim is to cool it down.

Here, Jody Vassallo explains how each dosha is often affected by the peri-menopause and menopause and how Ayurvedic lifestyle and diet choices can help...



VATA (air, space)

BODY TYPE: Naturally thin and wiry. Typical menopause symptoms include anxiety, insecurity, sensitivity, joint pain, forgetfulness, inability to focus and gut issues.

Vata people are full of vitality: busy, talkative and on the go. In menopause, they can become depleted and driven by nervous energy. Their constitution is dry, light, cold and brittle, so they may experience issues with arthritis and stiffness.

WHAT TO DO: Gentle exercise suits at this time — long, relaxing walks in nature and focused movement, such as Pilates and yin yoga (a gentle form of hatha yoga). Weight-bearing exercise to strengthen is important, too.

WHAT TO EAT: Soft, warm foods, including soups and stews, as well as almond, coconut or soy milk (spiced and hot), or carrot, orange or pineapple juice.

This type benefits from

having all food cooked, where possible, such as moist, slow-cooked vegetable dishes and roasted veg salads with oily dressings.

Bloating can be an issue, so be wary of foods that cause gas.

Dairy is good for Vata, as it's naturally sweet. Warm milk with ghee, cardamom and cinnamon before bed will help with sleep. However, Vata is prone to waking with a busy mind.

HOW TO LIVE: Spiralling thoughts may increase Vata's anxiety, so writing things down is a memory aid and promotes calmness. Rise at the same time every day and don't skip meals.

A creative outlet is beneficial, as is calming music. Silence can

exacerbate Vata's mind chatter. Try guided meditation instead.

PITTA (fire, water)

BODY TYPE: Medium weight and height and athletic. Prone to hot flushes, insomnia, heartburn, itchy skin and digestive issues. The hottest parts of the day for Pitta are 10am to 2pm and 10pm to 2am.

WHAT TO DO: Walking, swimming in fresh water, Pilates and tai chi. Yin yoga is beneficial, as it activates your parasympathetic nervous system — responsible for rest and good digestion repair. It soothes the Pitta and cools the whole body.

WHAT TO EAT: Instead of tea or coffee, add fresh mint to boiled water and cool before drinking. Other cooling herbs include coriander



and parsley. Cooling fruits and vegetables include avocado and cucumber. Fennel and saffron are effective spices.

Avoid heating foods, such as red meat, aged cheeses and red wine. Go easy on grains (though brown basmati rice suits Pitta).

Sweet and bitter veg, such as artichoke, asparagus and cooked beetroot, are cooling, as is dairy, except if it's fermented or soured — fresh cheeses such as cottage cheese or ricotta are preferable to yoghurt. Opt for sweet fruits, such as berries and watermelon. Iced foods can affect digestion.

HOW TO LIVE: Pittas are often successful leaders, and it can be fulfilling for them to be part of their community.

KAPHA (water, earth)

BODY TYPE: Larger build and

How your body type holds the key to beating hot flushes and other miserable ailments

Discover your dosha - and help keep your menopause symptoms in control



Healthy choices:
Ayurveda
expert Jody
Vassallo

wide hips and shoulders. Symptoms include weight gain, low mood and fluid retention. Their dominant elements are earth and water: if these are imbalanced, they can become lethargic or suffer respiratory issues.

WHAT TO DO: Kapha needs to get the heart rate up and the lungs working to add warmth to the body. So rise early and take a long, brisk walk — hill walking is ideal. For a gym fan, a boxing class or similar would suit.

Kapha's biggest problem is starting, but, once they do, their staying power is impressive. If Kaphas struggle with weight, it is usually because of not moving enough, rather than their diet.

WHAT TO EAT:



KAPHA

Hot water with lemon and a pinch of cayenne pepper is a good start, as spicy foods are beneficial.

Eating a solid meal soon after waking doesn't necessarily suit Kaphas. They may feel lighter if they eat a larger meal between 10am and 2pm and start the day with a smoothie — blend celery, spinach, coconut water and water, adding pear/apple, dates, avocado, ginger and chia seeds.

Kapha types often crave sweet foods (porridge with honey, toast and jam) and white foods such as potatoes and pasta. But none of these suit their constitution, as they don't have a fast, fiery metabolism. Cold foods such as ice cream and yoghurt don't suit, either, while sour and salty tastes aggravate.

Grains such as brown rice aren't a good fit. Go for quinoa, buckwheat, corn or millet. Chicken and freshwater fish are a good choice, and pungent and astringent foods will calm — try asparagus, broccoli, Brussels sprouts, cabbage, turmeric, ginger, fenugreek and pepper.

HOW TO LIVE: Kapha's focus is taking care of others. They can become low around menopause, especially if faced with an empty nest. Learning to nurture themselves and taking time to reflect are beneficial, as is stepping out of their comfort zone, rather than standing back, cheering on everyone else.

Once they get moving, they'll be surprised at how fast their body changes.

■ *THE Yogic Kitchen* by Jody Vassallo is published by HQ on May 2 in hardback and ebook.

Soul Guide

LINDA MOONEY



Psychic agony aunt and angel therapist

Linda Mooney is a leading angel therapy practitioner with fifteen years' experience, trained and certified by Doreen Virtue an international expert in this field. Linda specialises in the healing aspect of angel therapy helping people to engage with their angels to find inner peace and healing. Email Linda at linda@dailymail.ie or write to Linda Mooney, Irish Daily Mail, Third Floor, Embassy House, Dublin 4



QUESTION

AFTER TEN years, my partner and myself have decided to go our separate ways. While we are still friends and he seems to have moved on without any problem, I am struggling. I lack motivation to do anything. I have put on a lot of weight through eating unhealthy and I am drinking too many glasses of wine. I get no exercise at all. I feel like I am becoming a slob and even my work is suffering. What help can you and the angels offer, please? Thanks, J

ANSWER

Dear J,
Apart from the emotional effects of a break-up, which are natural, I am sorry to say you have allowed yourself to wallow in self-pity. Of course you are entitled to grieve the loss of your relationship, however you are now continuing a habit of self destruction. No doubt you are mentally exhausted, and are comfort eating to ease the emotional pain.

There is a big difference between being compassionate to ourselves and being self-destructive. Work on rebuilding yourself using healthy foods, exercise, kind thoughts and words and, of course, a healthy treat as a reward, such as massage or joining a self-help group.

■ FIRST CARD: SPREAD YOUR WINGS

Although you may feel intimidated by the prospect of change, and the thought of moving past your comfort zone, you're ready to fly high. Welcome new opportunities, and know that it's safe to follow your heart and dreams. Keep your focus upon love, service, and spirit. Remember that you inspire others with your story of

turning challenges into victories.

■ ADVICE/OBSTACLE: COMPASSION

Gentleness is the strength between true power, and it comes from feeding yourself with nourishing words, thoughts, deeds, intention to attract only kind and gentle life lessons and relationships.

Transform harshness into gentleness by refusing to see anything but the shining light that's within each person and situation. This intention begins with your relationship with yourself. Be very gentle with yourself in all ways.

■ OUTCOME: UNDYING LOVE

When it comes to matters of the heart, your help is here. It's all around you, and also inside of you. Be assured that the process you are undergoing is swift and efficient, and you are healing from the inside out.

Firstly, your heart must heal from grief, loneliness, and any feelings of betrayal. This can take some time, so be patient with yourself. Treat yourself as you would any ailing person: with caution, gentleness, and tenderness.

Next, get yourself out into the world, not in a harsh fashion, but into nature. Nature is a great healer. That's why the angels are frequently amidst the flowers and trees. Although they may seem quiet on the outside, they're quite talkative when you breathe and simply ingest their magical tones in conversation.

Spend time among the forest and trees, the plants and the animals, and you'll regain your foothold upon this planet. You'll revive your sense of spirit, and your desire to live once again. Your heart will mend, and you will help others along the way.

■ To have Linda answer your question, please send your date of birth. The more specific the question, the more specific the answer. Readers' dates of birth will not be published. Linda regrets she cannot enter into personal correspondence but she intends to answer all letters.

by Dr Max Pemberton

THE pressures women face over their appearance are widely acknowledged, and the associated problems of depression, low self-esteem and eating disorders are also well-documented.

What is much less openly discussed are the pressures men now face over their physical appearance — which is why comments last week by Richard Madden sparked such interest.

The actor, whose finely honed naked body caused a sensation in hit drama *The Bodyguard*, spoke about the demands placed on him in various roles. He said he's had 'numerous jobs' where he's been told to 'lose weight and go to the gym'. He's had his 'fat rolls pinched' and been made to wear restrictive costumes to make him look fitter.

While it's hard to summon up much sympathy for a handsome young man who is paid huge sums to look the part, he does have a point.

As does Tom Brittney, the star of *Grantchester* and *Outlander* alongside Caitriona Balfe, who recently complained about actors achieving what he terms a 'build' body, dependent on strict gym regimes and diet.

IT ISN'T the actors I worry about, though. It is all those teenage boys and young men who feel that they, too, must look as good as Madden & co, and are bombarded with images of chiselled torsos, bulging biceps and large thighs in films, TV, magazines and adverts, as well as on social media.

There's no doubt that this is harming their physical and mental health — just as it has done for women.

Adolescent boys, desperate for peer approval and to appear sexually-attractive, develop warped ideas around what real bodies look like and unrealistic expectations of their own bodies.

Frequently, this manifests itself in an obsession with muscularity — and many will go to any lengths to achieve their perfect look.

Many men who go to the gym and have the 'ideal' muscled body exhibit behaviours identical to women with anorexia.

It's been termed 'bigorexia' because the key difference is that,

Why it's so toxic for boys when even the *Bodyguard* is body shamed

Boys susceptible to using steroids

rather than the preoccupation with weight loss, they are fixated on getting bigger muscles.

Most millennials of my acquaintance seem to have a gym habit — which is no bad thing.

Far more alarming are figures that show one in five young people would consider using potentially dangerous steroids simply to enhance their appearance.

And there has been a surge in the numbers of people aged between the age of 16 to 24 who are taking anabolic steroids —

drugs which increase muscle mass. No drug has seen a bigger increase in use in this age category. You can be sure that the vast majority of users are men obsessing about their body shape.

Last year the Coroner's Court in Cork ruled that the death of 18-year-old Luke O'Brien-May was caused by swelling of the brain, linked to the use of the steroid Stanozolol.

The Health Products Regulatory Authority has seen a signifi-

cant increase in the number of steroid seizures over the past ten years.

There is an obvious parallel here with young girls who develop eating disorders after being bombarded with images of skinny, androgynous women. Yet while there is good public health awareness and reasonably good access to treatment for this group, young men are largely ignored.

It is estimated that 5 to 10 per cent of people with eating disorders are men. While that's

the percentage of men being treated in eating disorder clinics, I believe this is misleading.

There is a hidden epidemic of men with eating disorders. They are in the gym, lifting weights, knocking back protein shakes or injecting steroids. And, just like anorexics, they obsessively control their diet and physique until it takes over their lives.

There's nothing wrong with wanting to be lean and toned. It's when it turns into an obsession that it becomes a problem.



Under pressure: Richard Madden

BEAT THAT BANK HOLIDAY SUNSHINE

THERE'S some great news for the week-end ahead, as headlines have been screaming all week that Ireland will be hotter than Barcelona on Good Friday.

Although it seems hard to believe, given the weather we've been having over the last couple of days, Met Éireann are saying temperatures will be picking up.

And of course, with picnics, seaside trips and sunny days out, there will also be a number of hazards that parents need to avoid.

With the surge in temperatures, as long as the rain stays away, many of us will succumb to a dose of hay fever.

While most of us believe the hay fever

season starts in summer, Dr Jean Emberlin, leading pollen and allergy expert, says people can suffer as early as March.

The hay fever season in Ireland usually starts in late March or early April, when birch pollen begins to be released, and continues through to early August with the grass and weed pollen seasons, followed by fungal spores in the autumn.

This means that some sufferers can experience the uncomfortable symptoms of hay fever for most of the year.

It's impossible to avoid allergens altogether, although you can limit your exposure to pollen and spores for exam-

ple, by closing windows and avoiding places with flowering grasses, but getting the right treatment option to control symptoms, such as a nasal decongestant, can be very effective."

Nasacort Allergy Nasal Spray (€14.96) was previously only available on prescription but is now an over-the-counter fix to help hay fever sufferers. It helps to provide 24-hour relief of allergy symptoms by preventing the release of chemicals that create an allergic reaction to pollen.

And of course, if the sun's out then you need to make sure that your skin is protected. Happily, Childs Farm have just

launched a handy set of sun creams that will work for all the family.

The products are available in factor 30 and 50+, there's a cream, a spray, a roll-on and a pocket sized cream, all of which come at prices that won't break the bank.

The roll-on is particularly effective as children can even apply this themselves. The range is available from childsfarm.com and boots.ie. So now there's no reason not to be prepared for any sunny spells that might happen over the Easter holidays. But don't believe the hype and wait until you see the sun for yourself when you open the curtains.